

WESTERN THE HOME MONTHLY

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SEPTEMBER, 1916

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The Western Home Monthly

Vol. XVII.

Published Monthly
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No. 9

The Subscription Price of The Western Home Monthly is \$1.00 a year or three years for \$2.00 to any address in Canada, or British Isles. The subscription to foreign countries is \$1.50 a year, and within the City of Winnipeg limits and in the United States \$1.25 a year.

Remittances of small sums may be made with safety in ordinary letters. Sums of one dollar or more would be well to send by registered letter or Money Order.

Postage Stamps will be received the same as cash for the fractional parts of a dollar, and in any amount when it is impossible for patrons to procure bills.

Change of Address.—Subscribers wishing their address changed must state their former as well as new address. All communications relative to change of address must be received by us not later than the 20th of the preceding month.

When You Renew be sure to sign your name exactly the same as it appears on the label of your paper. If this is not done it leads to confusion. If you have recently changed your address and the paper has been forwarded to you, be sure to let us know the address on your label.

A Chat with Our Readers

A small child gave it as her reason for not liking to go to school that "teacher did all the talking." The Western Home Monthly is sure that its hundreds of thousands of readers sympathize with the child, so its "Let's Talk It Over" page invites everyone to "talk back to the Editor."

Here is the sort of letter you are sure to enjoy. It is written by a man who used to subscribe to the magazine 16 years ago.

I am enclosing herewith my personal cheque for one dollar. Please enter my name for a year's subscription to my old friend, The Western Home Monthly, and thus make sure that I receive it regularly each month.

The magazine takes me back in memory 16 years ago. I can see a fifteen-year old boy, weaponless and alone on the silent, boundless prairies of the west, forty miles from a railroad station. No sounds reach his ears but the voice of the wind, the mourning howl of the coyote or the occasional "honk" of the wild geese. The Western Home Monthly helped to people that prairie. I lived with the characters in its stories, and by way of gratitude I used to raise many clubs of subscribers. The magazine has always kept a warm place in my affections.

R. T. Hall, Moosomin.

July 13th, 1916

To The Western Home Monthly,
Winnipeg, Man.

Dear Sir:—I like your paper very much and always look forward each month for it, although we take lots of papers also two or three dailies. My mother thinks The Western Home Monthly is just fine. Lillian Church, Essen, Ont.

July 17th, 1916

Dear Sir:—As my subscription to the grand magazine expires next month and as I do not want to lose one single copy, I am again sending in my subscription for another three years. It is the most valued paper and I have no notion of being without it. I have taken it now for, I think, fourteen years and still look forward to its coming with as much pleasure and interest as ever. Mrs. Geo. Sharp, Melita, Man.

Dear Editor:—I want to say a few words in favor of your magazine and premiums. Mother says she would lose all trace of her sewing were it not for The Western Home Monthly, and as for myself, I have been satisfied with each and every premium received. I am now fourteen years old and have earned many nice presents in that time. Lily Charles, Elmwood, Man.

Dear Editor:—After devouring the last number of your valuable magazine, I wish to tell you what a joy it was to me. You certainly give more than some of the high-priced monthlies. I've been quite successful in selling Household Hints, Helps to Mothers, etc. I am sure I will succeed, if I can be humble enough to stick to "pots and pans" for a while. Mrs. P. Cox, Vancouver, B. C.

June 29th, 1916

Dear Sir:—I would not be without The Western Home Monthly for twice the price of it. I intended to try and get a few new subscriptions but have been sick so have not been able. Mrs. Wm. Minty, Victoria, B. C.

A Satisfied Old Friend

July 25th, 1916

Dear Mr. Editor:—I notice by the label my subscription is slightly overdue so must attend to it. As you are aware, I have taken your paper since its inception and it has gradually improved, until to-day it is on a par, if not over par, with some of the older magazines. As a family paper it is excellent. The stories are interesting and spicy. The editorials spring from broad minds, in that, they aim to do good for all, fearlessly fight against wrong. Your editorial on unity in the July issue was splendid.

The articles on the problems of young women and men are a field for thought and review. They are gems and real sermons in themselves. The correspondence column is a great introductory medium and helps to cement and draw closer the peoples of the different parts of our great domain. Much good and general information can be obtained through this medium. R. J. Gillis, Edmonton.

Dear Editor:—I have always liked The Western Home Monthly best of all the home magazines and welcome each number, as we do a kind neighbor who comes into our kitchen for a chat on housekeeping and fashions. It has a charm all its own, being brightly interesting and "within the limit of becoming mirth" and having fashions that sensible women can tolerate.

In looking over a recent number, I find it as perfect as a magazine can be; and one has to strain a point to find any fault with it at all. I hesitate to make any suggestions, knowing that what I might think undesirable another would find helpful. But as you have invited us to tell you "What to Don't," my suggestion is, don't get any larger; you are just the right size to hold comfortably. Mrs. R. Dixon, Elkhorn, Man.

Spare Time Money

Why not turn your spare time into cash? The Western Home Monthly has helped numbers of ambitious persons to increase their incomes in an easy, attractive manner. There are big possibilities right in your own neighborhood. Anyone can do the work and easily obtain all the spending money they need.

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IN concluding arrangements with the Winnipeg Piano Company for the handling of the Steinway and Nordheimer agencies in Winnipeg, we have been obliged to inaugurate a sale with the idea of clearing out all the stock now on our floors in Winnipeg; so that an entirely fresh stock may be here to commence the new arrangement. This sale will be known as the Nordheimer "Agency Transfer" Sale. It commences Friday, 1st September, and lasts until Saturday, September 30th, by which date every piano now in stock must be sold.

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Nordheimer—88 Note Player Piano and 24 rolls of music of your own selection—latest Colonial design, cannot be told from a new one. Regular \$900. Only.....**\$650**

Steinway & Sons—Upright grand shop worn only. Cannot be told from new. Guaranteed same as new. Regular \$750. Only.....**\$585**

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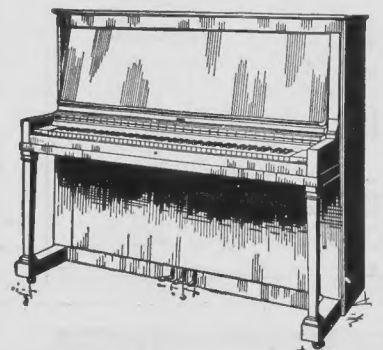
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Only the prices have been lowered—we could not change the quality. The same 10-year guarantee of old goes out with every instrument—a guarantee from a great house that means everything it says.

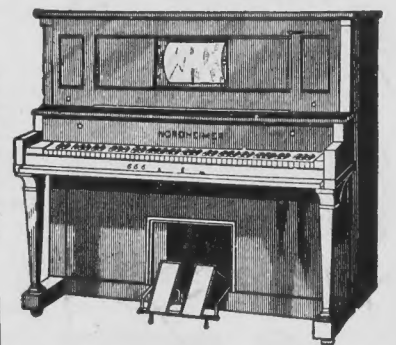
For Your Convenience

and to assure those purchasing at this sale, and those with payments to make on Pianos purchased during the past few years, of the customary Nordheimer service, it might be explained that we are retaining offices at the Winnipeg Piano Company's store—where payments may be made and every convenience afforded, as in the past, to all our customers.



New Style Lansdowne in Satin finish Mahogany. Reg. \$425, for

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New Nordheimer 88 Note Player. Mahogany or Oak. Reg. \$950, for

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We Pay Freight

and guarantee safe delivery to your nearest station, of any piano you may choose.

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Let Us Thank God and Take Courage

It is good to feel joyful. It is good to have reason to feel joyful. At this particular time every British subject and particularly every Canadian has abundant reason. The cause of rejoicing is not merely that we are "over the watershed" and on the way down stream; not merely that we are assured of victory; but because in the long struggle leading up to victory the Empire has conducted itself in a most wonderful and becoming manner and especially because our Canadian forces have behaved so gloriously on the field of battle. It is not necessary for us to say kind things about ourselves. Others say them for us. The following expressions of opinion are typical.

Here is what an American journal—the Commercial and Financial Chronicle of New York, the best authority of its kind—has to say about Britain's achievement in the field of finance.

"The nature of the task confronting the Entente Powers can be judged from the fact that for the month of May, according to the foreign trade statement made public, the exports of merchandise from the United States aggregated roughly \$472,000,000, being at the rate of over 5½ billion dollars a year. Prior to the war our merchandise exports in any period of twelve months had never even reached 2½ billions. The increase is chiefly in the purchases of the Entente countries, since the Teutonic allies are blockaded and can get nothing from us.

"Great Britain's position in them after of its war financing—in the raising of money with which to conduct the war and prosecute it relentlessly and vigorously—is equally unique. Her expenses are £5,000,000 a day (\$25,000,000) which is at the rate of \$750,000,000 a month and \$9,000,000,000 a year. Nevertheless, it is fully twelve months since she has attempted any permanent war financing and, as a matter of fact, only two large loans have been brought out since the beginning of the war, the second one in June of last year, payments for which extended over July to October. In the interval since June, 1915, the British Government has been able to get from week to week and from month to month all the additional money needed through the sale of Treasury Bills and the issue of short term obligations."

"At the end of last month both the 'The Economist' and 'The Statist,' of London published some interesting statistics, comparing the condition of the banks of the United Kingdom at the end of 1915 with that at the end of 1913. These tabulations throw an interesting light on the banking situation in Great Britain, and also enable us to see how it has redounded to the advantage of the British Government. In the two years the resources of the banks of the United Kingdom (not including the Bank of England) have increased over a thousand million dollars—in exact figures £212,741,000. In the item of deposit and current accounts £201,000,000 of the increase is found, while notes in circulation have increased by £11,792,000, the remaining changes being in other items.

"If we look at the other side of the account we find that besides the £212,741,000 of additional resources there has also been a release of money through a decrease in the employment of funds in some of the ordinary channels. For instance, the total of bills discounted is smaller by £40,995,000 and advances smaller by £7,495,000, both indicating diminished trade needs. Furthermore, the banks at the end of 1915 had £44,122,000

less out in money at call and at short notice.

"All this has served to place a vastly increased body of funds at the disposal of the Government and accordingly we find that 'investments' at the end of 1915 aggregated no less than £441,052,000, against £210,934,000 at the end of 1913, being an increase of £230,118,000, or \$1,150,000,000."

As a financial undertaking Britain's work in this war is unique. But that is not the only way in which she has displayed her great power. She is shown it in the willingness of rich and poor to pay the price for the sake of honor and defence of right. Read this tribute from the Nation of New York.

"It is not only in the role of her navy that Britain plays a unique part among the nations in the great war. The story of her finances, and especially of the taxation policy which has gone along with her immense expenditure, is one of the most remarkable developments of the great conflict. The way in which successive increases in taxation have been received by the country bears the most eloquent possible testimony to the unflinching loyalty of the nation. It gives the lie to a thousand easy-going generalizations as to the willingness of the rich and the well-to-do to have the country plunged into war, out of which they reap profit while the poor bear the burden and the suffering. In money, no less than in life, the wealthy classes in England have borne their full share and more, and borne it without a murmur. At each successive raising of the income-tax rate the Government has been cordially sustained, and indeed has been criticized rather for not going far enough than for going too far."

This opinion of the Nation is buttressed by the opinion of Mr. Marriott writing in the Nineteenth Century.

"Mr. McKenna has not hesitated to impose upon a self-governing people additional taxation amounting to over £300,000,000 a year. Dr. Helfferich makes a virtue of a necessity in asking for no more than a beggarly £24,000,000. The demands made by the Chancellor of the Exchequer are indeed colossal. The unruffled imperturbability with which they have been conceded is a remarkable testimony alike to the financial confidence and to the ardent patriotism of this country."

Another tribute to Britain's power of an entirely different kind and from an entirely different source is that of Sir E. Goschen in the "Neue Zürcher Zeitung."

"If by some miracle every Entente gun and every Entente soldier were swept out of existence to-morrow, it would still be for the Entente Fleets at their good pleasure to determine whether a single German merchant vessel should issue from the Heligoland Bight. They could wither the whole growth of German overseas trade at the root, and put the clock back for Germany to the days more than half a century ago when Germany was a purely agricultural country."

Tributes of this kind to Britain, the mother, might be continued forever. Let us read a tribute now to the boys from Canada. It is from a source that friend and enemy must respect—The British Headquarters Report.

"At twenty minutes to nine o'clock without any warning hell broke loose. The detonation was overwhelming. It did not come from one part, but from the whole length of the opposing line opposite the Canadian Division. It only deafened the ear and paralyzed the nerves; but instantly the firmament became

blackened. For the next few minutes men groped about in the darkness, unable to hear any word of command from their officers, clutching their rifles, and waiting for what was to happen. Two generals, attempting to reach the communication trench, found their retreat cut off. For the first minute or two appears that no shells, or very few, fell into the front trenches, and the machine-guns and trench mortar-men held to their posts. But behind our front line a high wall of descending shells, screaming, crashing, exploding, emitting clouds of noxious smoke, seemed to shut off chance of escape.

"At ten minutes to one—after four hours' steady bombardment—the storm of shell ceased as suddenly as it had begun. Then from the opposite trenches sprang a swarm of grey-coated Huns. Fully accoutred, with overcoats and full packs, they advanced on the run, yelling wildly. They must have been firmly convinced that amid those battered mounds and ditches not one single human soul had escaped. Of those advancing hordes certainly few were in proper fighting trim. They came forward gaily, light-heartedly, as victors after a victory.

"It was then the most wonderful thing happened. Out of the earth there sprang up a handful of soldiers, two officers among them, and, running forward with rifles and pistols, they bade defiance to the foe. On they ran, and, having discharged their weapons, flung them in the very faces of the Huns. Death was inevitable for these—the only remaining occupants of the British front line—and it was better to die thus than be shot in a ditch or finished off with a Hun bayonet."

After such evidence as this why should any Britisher, or any Canadian be other than joyful. The joy is all the greater because it is coupled with the great sorrow, the undying sorrow for those who have given their lives, and those who suffer the loss of loved ones.

The Movies

There is a form of entertainment that has achieved great and one might add deserving popularity. In the moving picture there are great possibilities for both good and evil. For this reason supervision or censorship is imperative. Were the shows open to older people alone it would not be so necessary to exercise vigilance, but when children and young people comprise more than half the spectators, it is a different matter.

Now the censors in Western Canada have done good work, perhaps better work than the general public recognize, for the general public have not been permitted to see the discarded films. It is needless to say they are more objectionable than the very worst that are permitted to be shown. Yet many of the pictures young people are permitted to look upon are faulty in two ways. They are either ultra-sensational or coarsely comic. Their effect upon young minds cannot fail to be debasing. There is just as much danger in a vulgar picture as in an immoral one. Indeed the vulgar is immoral. Nobody will object to a good laugh, but coarseness is not necessary in order to create a smile.

In a positive way the movies can yet be greatly improved. They can be highly educative. The Pathe pictures for schools are a suggestion. If one or two public spirited citizens in every community will meet with the managers of the local theatres, it will in nearly every case be possible to get very much better productions than those furnished by the syndicates. Managers are only too glad to get the endorsement of reputable citizens.



"Both were young and one was beautiful"



Copyright, 1916, The Andrew Jergens Co.

"There was a garden in her face where roses and white lilies blow"

"You can make your skin what you would love to have it"

Whatever condition is keeping your skin from being attractive, *it can be changed*. Your skin, like the rest of your body, is changing every day. As the old skin dies, new skin forms in its place. Every day, in washing, you rub off the tiny, old dead particles.

This is your opportunity. Your complexion depends on how you take care of the new skin. By using the proper treatment—one suited to the nature and condition of your skin—you can keep the new skin so active that it cannot help taking on the greater clearness, freshness and *charm* you have longed for. Among the four Woodbury treatments below is one which will help you—as it has thousands of others—to make your skin what you would love to have it.

To reduce conspicuous nose pores

Wring a cloth from very hot water, lather it with Woodbury's Facial Soap, then hold it to your face. When the heat has expanded the pores, rub in, *very gently*, a fresh lather of Woodbury's. Repeat this hot water and lather application several times, *stopping at once if the nose feels sensitive*. Then finish by rubbing the nose for a few minutes with a piece of ice.

This treatment with Woodbury's cleanses the pores, strengthens the small muscular fibres so they can contract properly. But do not expect to change in a week a condition resulting from years of neglect. Use this treatment *persistently*. It will gradually reduce the enlarged pores and cause them to contract until they are inconspicuous.

To correct an oily skin and shiny nose

First cleanse the skin thoroughly by washing, in your usual way, with Woodbury's Facial Soap and lukewarm water. Wipe off the surplus moisture, but leave the skin slightly damp. Now work up a heavy lather of Woodbury's in your hands. Apply it to your face and rub it into the pores thoroughly—always with an upward and outward motion of the finger tips. Rinse with warm water, then with cold—the colder the better. If possible, rub your face for a few minutes with a piece of ice.

This treatment will make your skin fresher and cleaner the first time you use it. Make it a nightly habit, and before long you will gain complete relief from the embarrassment of an oily, shiny skin.

To clear a blemished skin

Just before retiring wash in your usual way with Woodbury's Facial Soap and warm water, finishing with a dash of cold water. Then dip the tips of your fingers in warm water and rub them on the cake of Woodbury's until they are covered with a heavy "soap cream." Cover each blemish with a thick coat of this. Let it dry and remain on over night. In the morning wash again in your usual way with Woodbury's.

Woodbury's Facial Soap is the work of a skin specialist. Repeat this cleansing anti-septic treatment with it every night until the blemishes disappear. Use Woodbury's regularly thereafter in your daily toilet. This will make your skin so strong and active that it will resist the local cause of blemishes and keep your complexion free from them.

To care for a tender, sensitive skin

Dip a soft washcloth in warm (not hot water) and hold it to your face. Do this several times until the pores are opened and the skin feels softened. Then make a light warm water lather of Woodbury's Facial Soap and dip your cloth up and down in it until the cloth is "fluffy" with the soft, white lather. Rub this gently over your skin until the pores are thoroughly cleansed and the face feels fresh and clean. Rinse the face lightly with clear, tepid water, then with cold. About once a week rub the face with a piece of ice. Always dry carefully.

This treatment will bring health to a tender skin, make it resistant and keep it attractive. Try it to-night. You will feel the difference immediately.

Woodbury's Facial Soap is the work of a skin specialist. Get a cake to-day and begin to-night to get its benefits in the treatment above best suited to your skin. The first time you use it you will feel the difference—a promise of that lovelier complexion which the daily use of Woodbury's always brings.

A 25c. cake of Woodbury's is sufficient for a month or six weeks of any of these treatments.

Send to-day for "week's-size" cake

For 4c. we will send a cake of Woodbury's Facial Soap large enough for a week of your skin treatment. For 10c. samples of Woodbury's Facial Soap, Facial Cream and Powder. For 50c. a copy of the Woodbury Book "A Skin You Love to Touch" and samples of the Woodbury preparations. Write to-day. Address The Andrew Jergens Co., Ltd., 668 Sherbrooke St., Perth, Ontario.

Tear out this cake as a reminder to ask for Woodbury's to-day at your druggist's



For sale by Canadian Druggists from coast to coast.

Canada Reborn a Fighting Nation

By Francis J. Dickie

TWO years of blood and fire, of sacrifice and tears, of heartaches and noble renunciations, of vast endeavor and vaster accomplishment—and Canada stands forth on this, her anniversary month of August, 1916, as a nation reborn. No longer do we and the world at large look upon her or think of her in that old and famous way which was so synonymously expressed by the name, "My Lady of the Snows." No; Canada through these two years of strife and strivings has been reborn into a wonderful new maiden, a mighty Amazonian giantess, a creature born of battle, strong and fierce to fight in the cause of right. Canada renaissant! Canada no longer the timid shrinking little land of far wilderness places, but Canada the land which has raised to fight 350,655 sturdy, lusty warriors; sent overseas already 200,000, of them; Canada the place of half a billion dollar shell contracts, and who is feeding half the warring armies out of her boundless wealth of cereals, supplying endless munition matter from her immeasurable and exhaustless mineral deposits.

Yet the land is so vast, the population so sparse and scattered that even the people have no idea how much they have together accomplished. Mrs. Western Farmer and Mrs. Eastern Lawyer and Banker, the homesteader and the merchant from Vancouver to Halifax, and all the rest have done their share without being fully informed of what their neighbors have done.

Because of this, it seems worthy upon this the anniversary of Canada's second year of war to sum up carefully all these things in cold hard facts of men, dollars, munitions, horses, food and the other varied things called forth by war.

Canada, with a total area of 3,729,665 square miles and a population of only 8,075,500, raised in the two years 350,655 men, 205,500 of whom are overseas, 30,000 of whom have figured in the casualty lists. The enormity of this accomplishment looms larger when it is known that out of all this eight odd million people only 1,125,000 were men eligible for military service.

The following table illustrates more clearly than any words the facts.

Province	Canadian Born	British Born	Foreign Born	Total of Eligible Males	Government Apportionment of Troops for 3 Maritime Provinces	Enlisted to July 15th, 1916
P. E. Island.....	16,592	157	119	16,868		
Nova Scotia.....	85,909	8,437	4,147	98,494		
New Brunswick....	64,188	2,371	2,151	68,710	65,000	31,633
Quebec.....	341,783	23,066	26,048	390,897	139,000	36,890
Ontario.....	410,896	106,997	64,353	582,246	185,000	145,193
Manitoba.....	149,868	39,806	33,088	122,762	for M. & S.	
Saskatchewan.....	61,193	38,871	58,843	158,907	60,000	71,825
Alberta.....	37,446	31,958	53,515	122,919	26,000	31,735
British Columbia...	41,508	54,718	62,046	158,272	27,000	33,379
	1,109,358	306,377	307,310	1,720,070	502,000	350,655

From this it will be seen that according to the government figures there were 1,720,070 males eligible for service at the time of the last Dominion Census. But this figure takes into consideration all males irrespective of nationality, and makes no allowance for those made unfit through physical reasons. So, taking into consideration that 208,589 Austrians, Hungarians and German-born subjects were in Canada when war broke out, and that the majority of the Province of Quebec is taking no part in the war, it has been very carefully estimated that all told Canada had only 1,125,000 fighting males to draw upon. And of this number 350,655 men had been raised to July 15th, the last date of official issuance of recruiting figures.

Let us examine this army in detail, for it is one that Canadians may be well proud of. It is the best equipped, best paid, best pensioned one in the world. In addition the dependents of the fighting men are taken care of with a lavishness of funds unequalled or even nearly approached by any of the countries to-day at war. The following table of pensions, pay, separation allowances to wives and children gives most strikingly these facts.

Rank	Pay per day	Amount of Pension	Separation Pay Per month	Patriotic Fund Extra
Private.....	\$1.10	\$480.00	Child \$5.00	Wife \$20.00
Sergeant.....	1.60	680.00		25.00
Lieutenant.....	2.60	720.00		30.00
Captain.....	3.00	1,000.00		35.00
Major.....	5.00	1,260.00		40.00
Lieut.-Colonel.....	7.00	1,560.00		60.00

The last named fund is perhaps the most striking instance of all of the generosity of the Canadian people, of their willingness to sacrifice for the cause of the present war. Not satisfied with the fact that the government had made allowance for the fighters' dependents, an added fund was subscribed to by the people throughout the Dominion. This, known as the Patriotic Fund, pays from \$5 to \$20 per month to soldiers' wives and \$5 per month to each child. The fund takes care of the most needy dependents of soldiers; families who for various reasons require more than the regular government allowance can take care of. In 1914-15, this fund paid out \$6,000,000, and \$10,000,000 more is now being collected. \$5,000,000 from Ontario; \$2,200,000 from Quebec; New Brunswick, \$400,000; Manitoba is self-sustaining, paying \$2 per capita into the fund. Nova Scotia and P.E. Island, \$500,000; Saskatchewan, \$700,000; Alberta, \$600,000; British Columbia, \$600,000.

From the table of recruiting figures it will be seen that every province with the exception of Quebec has done their share. Particularly so and most wonderful of all is the marvellous response of the western provinces. Sparse of settlement as they are and needing many men to maintain their pre-eminently agricultural needs, the western provinces have already largely over supplied the government apportionment of troops.

Only Quebec lags behind; for all the men she has given she might as well not be in the Confederation. But the situation is a peculiar one, and though certainly the French Canadian people must be censured for this passivity, this censure should be given at least tolerantly, for the habitant is a peculiar person, and for his present stand and outlook on life in general must be in a way forgiven. Only a man who has lived long among them can appropriately interpret and sum up the habitant's feelings. This Hon. Rodolphe Lemieux did recently in a speech before an Eastern Canadian Club. While this does not excuse Quebec for its failure, it is in a way an explanation that will make the greater sacrificing provinces look with more tolerance and the larger view upon these peculiar residents who

make up so large a portion of our land.

"The habitant," said Mr. Lemieux, speaking to a large and representative gathering, "has belonged for many generations—for centuries—to Canada. He



Carlings Heights Camp, London, Ontario, one of the oldest military quarters in Canada. About twenty thousand men have been mobilized here

has no connection except, so to speak, intellectually, and that in a qualified degree, with France. His estrangement from France is manifold. First, he was ceded, in 1763, by the Treaty of Paris. Even before the cession there was a marked difference between the habitant, Canadien (of whom Montcalm speaks in his letters) and the military class—the soldiers, the officers, the bureaucracy—lordling it over him. The correspondence



"An Impregnable Defense." Typical sun burned, sturdy Canadian boys as seen at Camp Borden recently, the biggest mobilization camp on the North American continent where 32,000 men are living on a training quarters 28 miles square

between Vaudreuil and Montcalm is conclusive evidence of my statement. Then the French Revolution—which destroyed Monarchy, reorganized the Church, qualified the laws and customs, centralized the government—created an abyss, a gulf between the habitant and modern France. The habitant has worked out alone his destiny in a new world. He has won his civil and religious liberty under the regime which followed the cession. All his traditions are therefore Canadian only. On the contrary, British settlement in Canada is of more recent period, especially during the last half century an unceasing tide of immigration has poured in from the United Kingdom. Thus a great portion of the English-speaking Canadians have many relations upon the other side of the water, and when they cross it they are still 'going home,' in a way. Hence, blood being thicker than water, they will quite naturally be stirred by all matters, be they political, social, or intellectual which affect Greater Britain, where the French Canadians will not be interested."

From the above it will be seen that it is very doubtful whether the French Canadians will be of much use to Canada in the present war. The only thing would be to convince the masses that Canada is really in danger, and that by going to war overseas he is aiding to avert a possible invasion. Judging by the way the war is going at the present time, such appeals are likely to fall upon deaf ears.

the Russian and French fronts, Canadians were put on the job. Canadian sailors kept the two sturdy icebreakers going which enabled Russia to keep open the port of Archangel, a most vital thing last winter and the year before. Two hundred aviators have been supplied by Canada. When enough timber could not be obtained from the New World by reason of shortage of ocean bottoms and Norway failed in delivery, a battalion of Canadian woods-

men, the greatest axemen and sawyers in the world, were rushed to England, and are to-day cutting down some of the ancient and long-saved forests of England to supply bridge and trench and other timbers for the front. Canada to the end of March supplied 48,000 horses for war purposes. Of these she retained 25,000 for her own army, supplied Great Britain with 15,000 and France 8,000.

Though not one single munition factory existed in the country at the end of 1914, she has since built 422, which accepted orders for \$535,000,000 of munitions. Of this amount \$200,000,000 have already been filled and the balance is being put out at the rate of \$30,000,000 a month.

From her great lakes she has taken 32 great steamers for ocean service. Though at war Canada in the two years still built more lines of new railroad than ever before, a total of 6,278. Of this 1,491 in 1914, and 4,787 in 1915, bringing Canada's total mileage to 35,883, ranking her fifth in the nations of earth in this respect, a record the more to be proud of when Canada's meagre population is taken into consideration.

In spite of an enormous shortage of men, Canada, in 1915, raised the greatest crop on record, bringing to its producers \$800,000,000. This was off a total acreage of 37,075,400 which yielded 989,719,150 bushels of all crops. Though the 1916 acreage was only 34,509,835, a lessening of 2,565,565 acres, the crops are on a whole so good that it is now estimated only a six per cent fall off will result.

Financially, she raised \$400,000,000 for war purposes. Of this \$200,000,000 was subscribed within herself. In all, the people have accepted a war debt burden of \$49.05 per capita.

But perhaps the greatest of all her multiple works has been the things done by her women. From coast to coast the feminine souls of society and the masses have clubbed together in aid of warrior and war sufferers. Only a few of the many reports can be given space here but enough to make an estimate of the whole from. The Belgian Relief Society's latest report to July shows Canada to have given in money and provisions \$2,275,000. The Red Cross reports of Quebec from September 1st, 1914 to June 1916, and that of the Ontario Branch from September to June of same period shows a total of 8,008,863 articles sent to the front. These consisted of surgical bandages, socks, pillows, pillow slips, slippers, night shirts, etc. Allowing that the ten other largest cities and their surrounding districts have supplied equally well, and there is no doubt of it, we find Canada to date has sent the colossal number of 80,000,000 comfort parcels to the front in aid of all the different fighting nationalities.

(Continued on Page 17)

Canada's accomplishments along industrial lines are equally wonderful with that of her army. She has sent 9,782 doctors, nurses and chemists overseas. When well drillers were needed in the Gallipoli expedition, Canadians were sent for; when they needed railroads on

Fritz Abroad—The Departure—First Letter

By Bonnycastle Dale

"SOMEWHERE in the Empire"—After that long clinging hand-shake you saw our train speed out of the station, all I could see was a bank of dark figures and waving white hands; then everybody hustled for bunks, we had a separate one each. Everybody seemed to find boxes and packages. I ate so many sandwiches and demolished so much cake I had no thought of sleep; someone started, "We'll Never Let the Old Flag Fall," and we went to it with a relish. Then into "Good Luck to the Boys of the Allies," then into everything "singable" we could think of—a flash of lights beside us and a hollow roar meant a little station—off into the blackness; "clickity clack," went the wheels, each revolution taking us nearer to the big ocean, the transports and Old England. (I didn't think then that each revolution was also taking us farther away from those who loved us—but I do as I write this.) A long shrill whistle, a grinding of the brakes, a row of lights as we pass street ends and we are at the station of Belleville—a slim female figure runs along beside us and grasps a brother's hand—another screech, a waving light and off we go again with two hearts made sadder by the moment's joy. "Clickety-click," we speed along bravely and the brother gives a gulp and joins in the singing. "Keep the Home Fires Burning," seems so appropriate, and I finally climb into my bunk when there is only a quartette of voices left—just a dying log of the "home fire" as it were, and I fitfully fall asleep and momentarily dream of the dear old camp home; and open my eyes to the grey of dawn and the clear calm water of the St. Lawrence River.

Do you know! I saw a flock of ducks on the river and it brought all the old home scenes back with a rush, but I am away after bigger game now Old Friend—the calm water turns out to be ice, and the sparkle came from just a hole in the river ice where the ducks leaped from. It is cold this March morning but the train is well heated and all eyes are searching the new scenes—it's getting along towards breakfast time if my stomach is any truth teller—now straggling farms give place to houses—now we cross a great bridge—rumble! rumble! rumble! now the houses are closer together—and a head is poked into our Colonist car and something that sounded like — Three — alllll — squealed out. I knew it for Montreal and food and, I hoped, a bit of time to stretch our legs. Alas! we got the food all right, but not the walk, for no sooner did one switch engine bang us about a bit and run us on another track, than another laid hold of us with a fearful bump, and smacked us on behind an east-bound train—and here we were, one lonely quota of fifty artillery Reserves, speeding east ahead of the big troop trains behind a full regiment of Calgary Infantry. I tell you there was a mighty procession of Belgium avengers speeding East that morning—just think, this one overseas contingent of young Canada was a mighty army compared with the legions of Imperial Rome in her days of glorious history, and I tell you if any of her Legionaries could whack a fellow harder

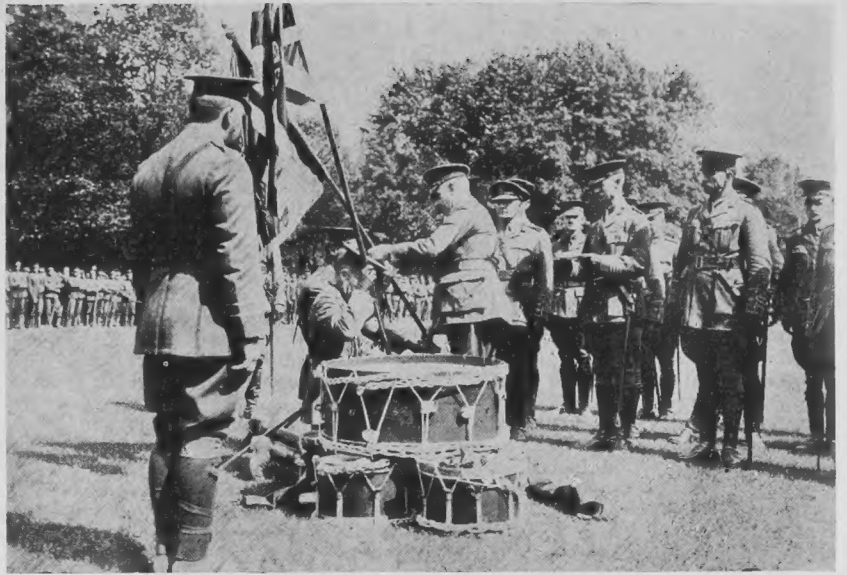
on the back by way of "good morning" than our boys do—count me out.

East of Montreal the country seems so odd to our eyes—the farms look like long narrow rows of fenced streets, so narrow are they. Then comes the village, just one big fine church, an equally as big fine manse and then a squatting crowd of small houses about them—just like a flock of sheep and the shepherd. Then the country all seems so flat, an occasional big hill shooting up unannounced as it were—all covered with silver birch, second growth. In one wooded section we ran past a tiny station slowly. A very old man and a boy of, say ten years of age, stood there, both figures simultaneously reached into their pockets and brought out a jimmy pipe, the old man divided the shag, they filled the pipes, lighted them with one match and were puffing away contentedly as we drew off. It seemed quite safe to wager they did not know there was a war on, so contented and peaceable did they look. At other places we saw the old family homes with all the long narrow farms cut up from the water's edge into strips not more than a hundred yards wide. In the old home lived many of the children of three generations, each generation cutting the strips narrower. "Lots of schools down here," called my friend at my elbow. "Schools," I yelled back above the train noises, "that's just one family."



Canadian Cavalry on parade. Canada has given by now 60,000 horses for war purposes

All morning and afternoon we passed through the flat country, all pulpwoods, many clearings piled with the four-foot sticks ready for shipment. The farmers here use oxen yet, it did seem odd to be gliding along in a first-class train to the great World War and to see our real Canadians (for they are—we have the hyphen, British Canadian, if any should be used) using beasts of burden that I thought existed only in pictures of primitive times, or far back on the prairie



Major General Sir Sam Hughes, K.C.B., Minister of Militia and Defense for Canada. He is here seen in a typical pose, presenting colors to an eastern Canadian battalion, a ceremony carried out shortly before the troops leave for overseas

beyond the Iron Horse (steam engine). The snow was piled high on each side of the tracks. Wherever we stopped the boys tried to chat with the good people at the stations, as a rule none replied in English—always "Parle-vous-Francais"; did I spell it right? and away we go—

car. You can faintly see the word "Cobourg" on the side of the car. We had it written in big letters, what we were and where from, but at the roll call picture you can see it clearly—guess most everybody knew where we were from. One old Irishwoman came along peddling apples. "Never a cent will I take from you redcoats" (a lingering remembrance in her mind of the old tunics) "if ye'll jist take a prod at them same Germans for me." Nevertheless the boys saw she got good value for her big red-cheeked apples.

We had a leg-stretcher at Moncton, Que. Here I took a snap of a solitary ancient gun in front of the station. What a contrast to conditions on the date of publication of this. One returned soldier told us of passing through the Artillery lines in France. "They were sixteen miles deep and just full of cannon."

"All aboard," and off we go—when next we awoke we were in the closely guarded train yards at Halifax. I had a friend snap me with my kit bag in hand, haversack and blanket on as I left the train. I also shinned up on top of the car and got a picture of the train yard with the big transports at anchor close outside.

I say! these yards are just alive with soldiers, almost eight thousand of us in this contingent, going on four great liners. (I could give my readers in The Western Home Monthly the names, but all my letters will be so written as to pass the Censor and give no information to the enemy—except that when we get good and ready we will be a pretty big lusty force.)

Now came that intensely interesting moment when we all lined up and marched aboard. I wish you could have seen us, every man eager-eyed. The grand old "Jack" whipping in the breeze from the parade ground mast and the Admiral's flag taking the wind aboard one of our mighty escorts. Here I must touch lightly; but the names of both the Admiral and the ship have rung worldwide in one of the great sea battles in which he was the victor (at date of publication I know that this great battleship fought victoriously in the late great sea fight off Jutland).

The troops poured out of the yard in never ending streams. It seemed as if our huge liner could never be filled, but the time came—(whisper) crew and all we muster over four thousand souls. No wonder, with three other great liners filled, we need a mighty protecting force to guard us on the way across. There was a hard struggle up gang-planks and along passages and companionways but at last I found my cabin and was lucky to have another Cobourg Battery boy for mate. We now had time to look over the harbor of this capital city of Nova Scotia. The proud boast is that the whole Navy could ride in safety and manoeuvre here. Above us rose the military post with the great "Jack" on the mast and we could hear a band playing some martial air. The bulwarks were lined with khaki-clad figures. Just think how some three thousand and odd soldiers fill even a liner as huge as this one, and there are not many longer keels than



Typical machine gun battery practising with a "Lewis" machine gun at Camp Borden. The Canadian people bought an extra thousand of these by public subscription

I took the first picture for you at Chaudiere Junction, Que., a snap of our

(Continued on page 17)

Russian Colonists in Alberta

By Miriam Elston



RUSSIA is of more interest today to Canadians than at any other period of history. We open our papers night and morning to follow their story in this great war, with an interest scarcely second to our interest in the movements of Britain's army. At the tables of the reading rooms in every public library in our land we see the people bending over the English illustrated papers, gazing at the pictures of the low-browed, thatched houses in which these people live in their native land, at the Russian kiosks with their many domes and cupolas, at groups of civilians in their picturesque native costumes, at groups of Russian soldiers in their equally picturesque uniforms, and at the cross-marked graves of the Russian soldiers who fall at the battle front.

south of Russia, but some of them live in Austria. In language they differ considerably from the high Russian, having been, several centuries ago, an independent race. They are, in their own country, a race of peasants. Whether they come from Austria or from Russia they recognize each other as brothers.

The Albertan colony was founded twenty-three years ago, when less than a dozen families landed in Edmonton, and took up land some eighty-five miles to the north-east of that city. Two years later about twenty more families from the old land joined them. Since that time there has been a continual influx from the old land, and now the colony occupies hundreds of square miles of territory.

As we follow the fortunes of the Russian army since the beginning of the war we realize that though the skill of the Russian strategist has been worthy of admiration yet the victories that the Russian army has achieved has been mainly due to the extraordinary devotion, courage and hardihood of the Russian private, devotion that has made them untirable on the march, courage that has made them impetuous in attack, hardihood that has made them stubborn in defence. They have accomplished their long marches through heat and dust, through biting cold and up-piled snow, through drenching rain and almost impassable mud, and have accomplished said marches on a ration that would satisfy no other army in Europe, and with an uncomplaining that could surely never be exceeded by the Goddess of Patience herself.

The local history of the Albertan



A dwelling house in the Russian Colony

The great majority of the Canadian readers who gaze on these pictures have no idea that in our own land are large districts as distinctly Russian in appearance as though they were a bit of Russia dropped by our wayside. The groups of people one meets on the road are in the garb of the Russian peasant, the churches and chapels are like Russian kiosks planted on Canadian soil, the groups of farm buildings are low-browed, and heavily thatched, the well with its windlass and bucket is in the dooryard, and here and there one comes across the burying-ground, with its spectral group of weather-beaten wooden crosses.

When we find the peasant from any foreign land living in one of our cities we see him lacking his natural environment, and he is shorn of everything that tends to picturesqueness. But when a colony of foreigners have been deposited on the bosom of the wide and virgin plains of one of our Western provinces, and have been left almost entirely to their own devices to work out their destiny, we are rather apt to find them building up around themselves as fair an imitation of their home-land as the environments will permit. In two places in our great West have we most notable examples of this. One is the colony of Russians and Russo-Austrians in Alberta, and another the colony of the same peoples in Manitoba.

In Canada the people of these colonies have always been called Ruthenians. Both the Russians and the Russo-Austrians belong to the same race. The biggest part of these people live in the

brothers of these same Russian privates is likewise a story in which courage and hardihood plays a prominent part. As I have said before the first of these Russian settlers took up land some eighty-five miles from Edmonton. That means that it was eighty-five miles as the crow flies, but considerably further by the circuitous route they had to follow in order to encompass the frequent sloughs and patches of bush. In the first days Edmonton was their only market, and though they had little to market it was necessary to make the trip several times during the year.

There were no horses and very few oxen in the colony in those days, and the men who went on the expedition



School House in Russian Colony, Wostok, Alta.

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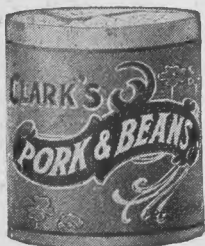
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usually walked all the way, allowing the oxen to carry the burdens. It took four days each way at best, and the nights were all spent in the open. If the thermometer dropped far below zero, or a downpour of rain prevailed during the whole journey, they scarcely seemed to notice such conditions, but plodded on with an air of stolid determination. By night they built their bonfire near the trail, and lay down to sleep close beside it. They carried provisions to last the whole journey. This usually consisted of a coarse, close-grained rye-bread. If the temperature happened to drop much below freezing it was, of necessity, hard frozen. In such condition it might allay hunger, but it could do little towards combatting the cold.

In these early days the usual habitation of the Russian was the dugout, or a very small hut, built of spruce logs, and roofed with sods. In the first days there was no straw to be got with which to thatch a roof. Often the dugout stood alone for a couple of years. During this time it served as a shelter for the mother and children while the father sought some work in the city, or on the grade. For most of these people, when they arrived in the land, were pitifully poor. If they possessed enough money to buy a few garden tools, and some seeds, and flour enough to last the year, they thought themselves fortunate. The mother, with the aid of the children, cultivated a garden. If good fortune followed the man he earned enough in the the first year or two to buy a yoke of

The floors of these houses are of clay, in some cases straw-strewn. The walls are smoothly plastered with clay, and limewashed to a dazzling whiteness. In some cases the room has been ceiled, and in that event the ceiling is white-washed. Often the poles and straw of the thatching is left uncovered. This in time gets browned with smoke, and presents a rather unique appearance.

The time-worn expression, "furniture is conspicuous by its absence," is literally true in this case. Somewhere in the room are some bare wooden bunks. The blankets in which the inmates wrap themselves at night are folded by day, and placed on the shelf near the ceiling. A stationary bench runs the whole length of one side of the room. A small cupboard on the wall contains the meagre supply of dishes, and a small table, or a packing-box to serve the purpose, completes the furnishings of the room.

In the matter of decorations the chief feature is a row of brilliant colored "ikons," or sacred pictures, placed near the ceiling on the east wall. Clustered around them there is sure to be some tissue paper flowers in equally gaudy colors. In some few homes a number of pillows in graduated sizes are piled one on top of another on one of the bunks, and reach nearly to the ceiling. The pillows are covered with a coarse, open, white material, and embroidered with heavy black and red cotton. This is the utmost word in decorations.

As you will readily surmise, the life lived within the four walls of this one



Dugout in which Russians lived in early days

oxen, and a few agricultural implements, and then he began farming on a very small scale, still spending considerable of his time on the grade, and depending on the wife and children to weed and harvest the crops.

Under such conditions it took some years before this isolated community took on any great semblance of Russia, but when the men had earned a few dollars, and had sufficient time to perform the tasks, the heavily-thatched houses, built always facing the south, began to spring up beside the trails, surrounded by their groups of thatched out-buildings. About the same time churches and chapels were built, and this added the finishing touch to the already foreign setting of these strangely garbed people.

The homes built by these people have but two rooms. Only one of the two has an outside door, and it is quite usual for this room to have only one small window, or sometimes none at all. The room serves only as a kind of entrance hall. There is no provision made for heating it, therefore for many months in the year it serves no purpose as a living-room. The inner-room usually has from three to four windows. These are small, and stationary, and invariably guiltless of either blind or curtain. However, it is quite usual to find them filled with some hardy specimens of house plants.

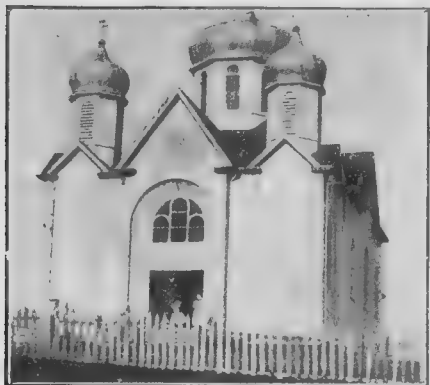
In the corner of the inner room is built the mud stove, with a huge mud chimney leading to the peak of the roof. This stove occupies considerable space in the room, indeed is so large that the whole family will sleep on top of it in cold weather.

room is exceedingly primitive. The chief articles of diet are rye-bread, a stew made of garlic and meat, sauerkraut, and boiled vegetables. In many cases the whole family partakes from one large bowl, set in the centre of the table. Since there are no chairs they must perforce stand while eating. The necessities of life may be present in this home, but there is an utter lack of anything in the line of comforts, entertainments, or amusements. It serves as a shelter from the inclemencies of the weather, a place in which to eat and sleep, but since its appointments are so exceedingly simple the routine of the housework occupies little of the housewife's time. That does not mean she is idle. Her time is occupied in farmyard and field.

The Russian home offers little in the line of either necessities or comforts for the sick. Isolation of the sick one is, of course, impossible. No matter what the malady all inroads of fresh air are cut off, and fuel is heaped on the fire. It is more probable that this is thought of as a means to making the patient comfortable than as a cure-all for disease, for in the case of sickness the Russian is a fatalist. He believes that all suffering was sent for the purification of the soul, and the ultimate good of man, therefore he is little apt to try to alleviate his sufferings. Rather he will endure them stolidly.

In no place will you see the Russian in all his picturesqueness to a better advantage than by attending divine service in some of the churches in the Albertan colony. Long before the hour of service heavy wagons, drawn by horses, or oxen, begin to make their ap-

pearance on the trails. They unload their freight of human beings at the church door, and then the horses are unhitched and tied to the wagon-boxes, there to browse over a bundle of hay. If it happens to be cold weather some bonfires are sure to be lit within the circle where the teams and wagons are drawn up, and the people gather in groups around these to gossip until the time for service arrives.



Orthodox Greek Church at Wostok, Alta.

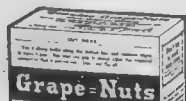
The women are in their native costumes. The closely draped skirt is of some heavy woolen material, usually in a rather gaudy stripe. The blouse is often white, heavily embroidered in some dark shades. Around her neck are many strings of coral beads, and large rings are suspended from her ears. She wears the "fooska," or headshawl. This may be plain white, or may be patterned in brilliant colored flowers. If she wears a coat it will be a rather cumbersome and quaintly cut frieze one, or a sheepskin coat, made with the wool inside, and the white hide of the outside embroidered in some conventional design, with heavy bright-colored thread. Her boots are extremely large, and coarse, and rather shapeless. The little girls look like smaller editions of their mothers.

There is nothing quite so distinctive about the dress of the men. Occasionally one sees a man in pure white linen shirt and trousers, wearing a short,

sleeveless sheepskin coat, heavily embroidered in gaudy colors. Sometimes the small coat is replaced by a long one of frieze or grey goatskin. He is very liable to wear this even in the heat of summer. For the most part, however, the men dress in plain dark clothes, with nothing distinctive perhaps but the heavy fur or sheepskin coat.

The interior of the Russian church is a blaze of colors. Many gorgeous silken banners, centred by ikons, and mounted on poles, stand in rows by the side walls. The front wall is covered with ikons, and through the arch into the alcove one gets a glimpse of the richly draped altar, bearing massive gold candlesticks, and crucifixes, and heavy books bound in carved gold and purple velvet. In the centre of the church is suspended a large chandelier in ornate design, filled with huge candles, all alight. On brackets at the front of the church are scores of smaller lighted candles. The women stand grouped on the left hand side of the church, the men on the right. The gorgeous hues of the headshaws of the women form a constantly moving mass of color. In and out through the scene the priest moves, dressed in flowing robes of some rich color (possibly light blue or purple), over which is worn a cape and stole of yellow and gold. Sometimes he has in his hands the gold and purple book, sometimes the golden crucifix, sometimes the swinging silver censer. The scene, to an Anglo-Saxon onlooker, seems more like some brilliant pageant than like a group of peasant people at a church service. It is the mixture of gorgeous colors and blazing candles that tends to this effect.

The people of the colony belong to three different religious denominations, Orthodox Greek, Greek Catholic and Roman Catholic. About fifty per cent of the population are Orthodox Greek, forty-five per cent Greek Catholic, and the remainder are Roman Catholics. No matter what denomination the Russian may belong to he is a deeply religious being, but there is considerably more of sadness than of joy in his religion. The congregation stands through the long hours of a service (for there are no seats in a Russian church), displaying no signs of weariness or impatience, with eyes fixed impassively on the priest as he performs the rites of service, or expounds to them the scriptures. When



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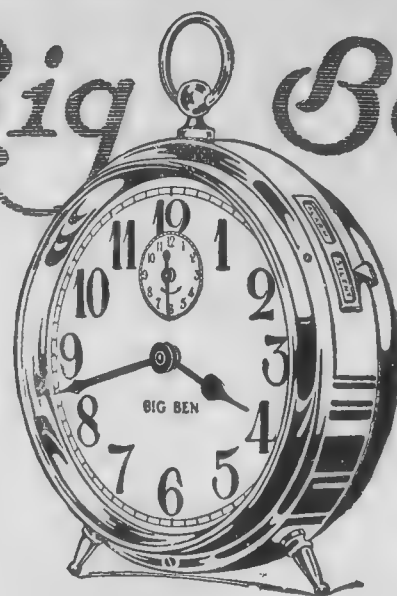


Cross at Russian Grove, Wostok, Alta.

the male choir breaks forth into a chant, as it does at frequent intervals during the service, you feel that the spirit of the worshippers has been vocalized, for the music is appealingly sad. There is a pathos in it that speaks of unsatisfied yearning. Often have my eyes filled with tears as I have listened to their chanting.

The burying-grounds one finds here and there throughout the colony are the

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most dreary spots one could imagine. The graves are marked by wooden crosses, for the most part unpainted and without inscription, usually very rudely constructed. Occasionally one is of finer workmanship, and this one is liable to lack neither the paint nor the inscription. There is no indication that any care has been expended on any part of the grounds. They are grass-grown, and bramble-infested. The upturned sods of a new-made grave, and the white wood of the freshly peeled poles of which some cross is constructed is the only visible signs of any recent visitor. Altogether one could imagine no scene more dismal than this group of spectral-looking crosses.

Some of the crosses in the burying grounds have only one crosspiece, some have three. The one with the three crosspieces is the orthodox Greek cross. The top crosspiece represents the one on which, at the Crucifixion, was written the legend, "This is Jesus, the King of the

these three days guests are feasted at the homes of both the bride and groom. It is a matter of pride with the Russian to provide an unlimited supply of good things to eat and drink for everyone who comes to the house during this period, even though he can ill afford it. Hilarity usually waxes high. This can scarcely be wondered at, for the life of these people is one long story of unremitting toil, broken only by the observance of their holy days, and the occasional marriage feast. Sometimes, unfortunately, drinking is indulged in to excess, and the merriment becomes little other than a drunken orgy.

About ten years ago the Department of Education of the province undertook the task of opening up schools in the colony. Mr. Robert Fletcher, a leading educationalist of the province, was appointed to supervise the work. It was an undertaking that presented many difficulties, but gradually they have been overcome, and now we find, throughout



Sir James Albert Aikins, K.C., new Lieutenant-Governor of Manitoba

Jews." Of the lower crosspiece, which does not cross at right angles, there is an old Greek legend. It is said that the Saviour, writhing in agony before his death, shifted the position of it, as his feet rested on it. Therefore it is always shown so on their crosses.

It is seldom that a Russian is not married very early in life, the men in their early twenties, the girls often not more than fifteen or sixteen years of age. The groom's father makes the initial move in the matter. When he thinks his son should have a wife to help him on his homestead he broaches the matter to his son. If the boy is willing to marry the girl the father has selected they get some man to go with them to interview the girl's father. If he receives the proposal favorably negotiations are at once entered into regarding a dowry for the young couple. If arrangements are satisfactory to both parties the wedding is seldom long delayed, usually taking place within a fortnight.

The festivities in connection with a marriage last for three days. During

the length and breadth of the colony, the neat frame buildings where a faithful teacher is imparting a knowledge of English, and the rudiments of an education.

The results, considering the obstacles to be overcome, have been little short of marvellous.

Teachers who have taught in these schools speak very highly of the abilities of the children. Where attendance is regular they keep very fair pace with Anglo-Saxon children of the same age, acquiring the English language as they go along. They are also very much easier to maintain discipline amongst, for they seem never to think of disobeying the teacher.

But the teacher's duties do not consist alone in imparting instruction within the school room. The Russian child is one who does not take to play naturally, and until he has been taught to play he is listless and repressed, and makes no considerable progress at his studies. Once he has learned a love of play he is a changed being, frank, open-hearted,

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merry. Even in this respect alone his contact with the teacher is giving him a valuable training towards the end of better citizenship in his manhood years.

A marked interest in the education of their young, and a considerable pride in their achievements along that line, has been manifested by these people. A great interest centres around the school house and the teacher. There is a keen rivalry amongst the different districts as to who shall have the best school house. The structures they build are neat, commodious, and well lighted, and they are quite generous in regard to furnishings and equipment.

The introduction of the school house has tended to a Canadian type of progress which, in the last few years, has detracted somewhat from the picturesque of the colony. Many new dwellings of a decidedly Anglo-Saxon style of architecture, are taking the place of the thatched-roof house. To the thoughtful observer this is a hint of greater changes due to follow in a not far distant future.

Too Hot for the Siberian

That happens only once in a lifetime. The native Koryak of Kamchatka, far up in the peninsula that is washed by the Behring Sea, can sleep comfortably in a room four feet high with six by eight feet of floor space, and have a fire smoking near all night, while the doors are tightly closed, and then does not object if three others share his apartment with him. To-morrow he will have chance enough to breathe more cold, fresh air than he cares for. His picture of the happy hereafter is a snug, cosy place, where every cell of his body can perpetually enjoy warmth, and where neither ears, fingers nor toes shall be frozen.

Once in his life, however, things get a little hotter than he can honestly enjoy: and that once he cannot escape if he is to be a man of importance in the community; for it is his marriage ceremony. As soon as the youth falls in love in dead earnest, he calls on the maiden's father to find out what dowry she can bring in case of eventual marriage. Since reindeer is the Koryak's medium of exchange, the dowry usually consists of reindeer. If the father consents to the engagement, and the dowry pleases the young man, he interviews the girl, and if she reciprocates his affection, he enters her father's service. Chopping wood, tending the herds, cultivating the garden, and all other kinds of farm work fall to his share. The period of service lasts from two to three years.

The marriage ceremony begins about six in the evening. There is a building in the village into which the villagers crowd at twilight. A large hall runs through the centre of the building, on either side of which are from ten to fifteen little rooms, called pologs. Each polog is separated from the next by heavy reindeer curtains, and the entrance from each polog into the hall is closed by similar curtains. Nowhere in all that building except in the hall could a good-sized man stand upright.

After considerable eating and some drinking, a brass drum begins to beat. At the same time a solemn-faced Koryak passes from one polog to another, dropping willow sprouts and alder branches in each inclosure. Presently the beater of the drum begins to sing, to accompany his slow performance on the drum. Gradually he accelerates his beats and his song. Faster and faster he smites his drum; louder and louder he sings, until within thirty minutes he has worked himself into a state of frenzy—a consummation that is not without its effect upon the villagers. The stolid calm with which they entered, suggestive of an impending funeral, gives place to smiles, to tossings of the head, until by and by the whole crowd are as excited as their leader.

At this point, the front curtain of each polog goes up, and two or three women appear inside. In their hands are the willow sprouts and alder branches. In a moment the father of the bridegroom enters the building, leading the happy couple by the hand. The noise, the shouting and the whirling now become indescribable. At a signal from the groom's father, the bride dashes into the first polog to the right. The women that are within lift the curtain for her, and she passes quickly from one compartment to the next.

Not so with the groom. He dashes after her; but no sooner has he entered the first polog than the women begin to beat him with the willow sprouts and alder branches. He seizes the curtain to enter the next polog, but one or two women hold it down; and if he finally succeeds, there is a hot application of branches on that part of his anatomy that remains longest within the polog.

Meanwhile, the women in the next polog are ready to receive him with equal warmth. They ply the switches energetically, and do not hesitate to thrust out a foot also, in order that the "happy groom" may stumble, and afford a more enduring target for their blows.

There is no escape from this experience until the groom has entered and passed through every one of those twenty or thirty pologs. The front curtains are

raised, so that the public has a clear chance to enjoy the spectacle.

Of course he never catches the bride. She has reached the last polog before he is halfway through. If she passes out of the last polog, he must work another year at her father's house, and pass through the same ordeal once more. But she usually awaits him in the last polog, and when they meet there the wedding ceremony is finished—they are man and wife.

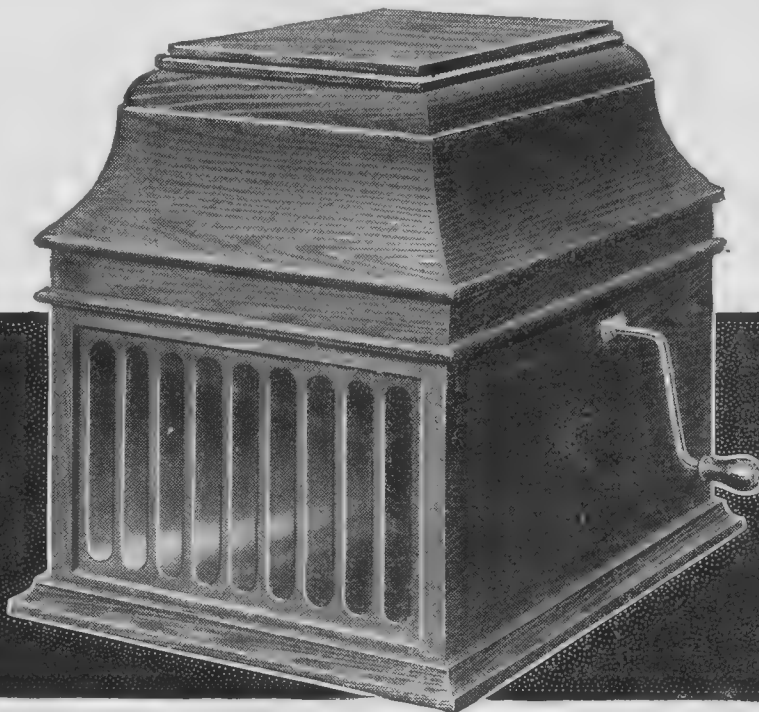
Fruit Drinks.—Fruit drinks may be made from the juice of strawberries, cherries, raspberries, currants or pine apple, by adding to the pint of fruit juice, one quart of syrup, two quarts of water, and the juice of two or three lemons depending upon the acidity of the fruit juice used.

Play Thou The Man

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True to thyself and to thy fellows true;
Like Christ's good Knight be courteous
when you can;
Blithely each duty do.

Life's morning slips away,
And noon apace comes while high hopes
are ours;
Ere night proclaims the passing of the
day,
Use well the precious hours.

This day give of thy best
In word and work, and life shall nobler
be;
And God at sundown shall give thee
His rest,
And "Well done!" say to thee.
D. W. Macdonald



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The Young Woman and Her Problem

By Pearl Richmond Hamilton

YOU AND I

This department means much to me for I feel that our readers and I are the same kind of people with the same ambitions and yearnings. Every contributor to The Western Home Monthly must have a similar affectionate attachment for the magazine, which explains the fine personal tone that creates inspiration on every page. We realize that the average man and woman, boy and girl craves that reading which develops mental, spiritual and social ideals, and this is the reason I feel that you and I are really very good friends. The Western Canadian environment breathes growth in every important phase of life—and our readers demand articles, stories, verses, and pictures that will satisfy this admirable hunger for intellectual and spiritual food. This very

and old age is the most useful period of a woman's life if she has lived well. One who has had difficulties and tests gains the prizes in life that strength and effort win.

Our lives are fields of choices that you and I make. Shall I spend my energy on the things of life that last or foolish bric-a-bracs that topple over and break? I believe in the ideals of life that create beauty—because beauty pleases—it satisfies and it is a creative power.

During my summer vacation in the country, while waiting in the store one day, a lovely girl came in for groceries. She was conscious of her dress for the day was hot and dusty and she had driven three or four miles. I did not see her dress for her splendid physique was the ideal of strength and useful



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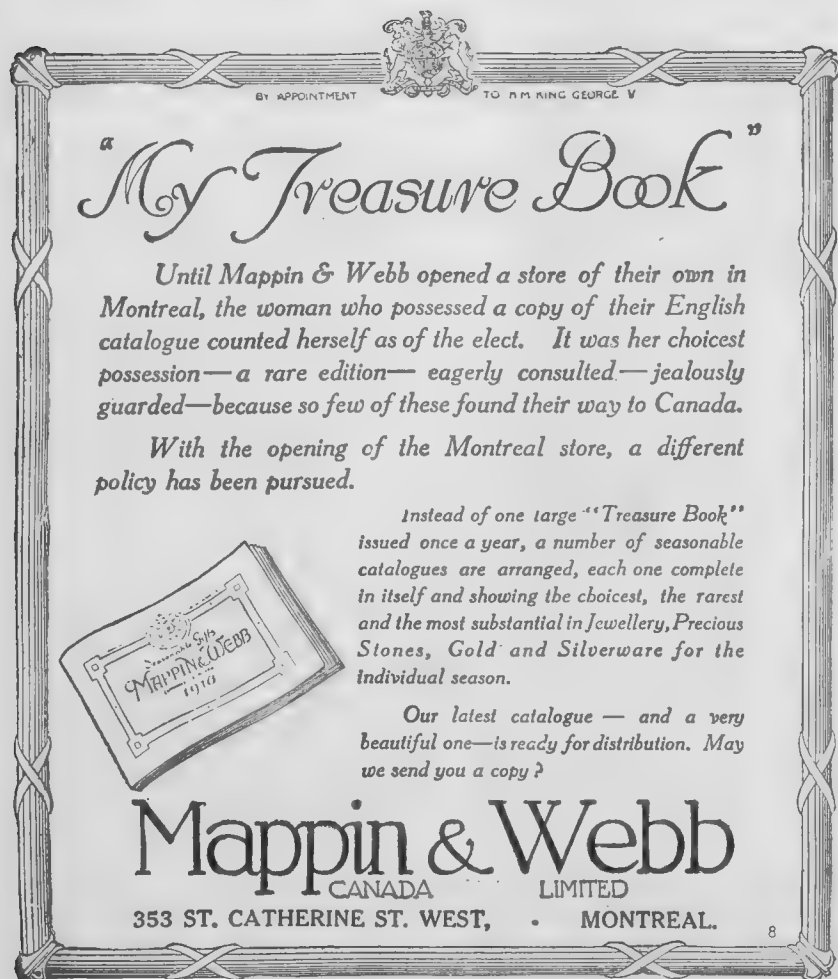
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"My Treasure Book"

Until Mappin & Webb opened a store of their own in Montreal, the woman who possessed a copy of their English catalogue counted herself as of the elect. It was her choicest possession—a rare edition—eagerly consulted—jealously guarded—because so few of these found their way to Canada.

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353 ST. CATHERINE ST. WEST, MONTREAL.

fact is uppermost in my mind when I write this page—our young women will not be satisfied with the product of a stale mind. Times are changing—we must have fair, clear-thinking, deep-seeing minds to aid us in understanding these new conditions. More than ever shall men look to women for inspiration and encouragement and we must rise to our high calling.

I know two old ladies—one is happy, the other is miserable. One has a face lined and leathery—the other has a face beaming in smiles and a complexion smooth and white. One has a mind and soul so shriveled and small that she knows nothing beyond her neighbor's faults. The other quotes verses and fine literature to explain everything she sees in nature and people. Her eyes are blind to everything but beauty.

Why is one miserable and the other supremely happy? One has drifted through life with no ambition—the other has lived with a heart and mind open to growth and culture.

Wisdom is the blossom of experience

development. While she appeared embarrassed I felt like saying: Young woman, I am lost in admiration of you. Your eyes are clear and honest, your face is natural and strong, and you move with a manner of confidence and force. It is true your skin is browned with sun and wind but I like your natural complexion better than the girl whose color is a mixture of drug science and your eyes are more beautiful than the dull reddened eye of midnight dissipation. Your walk is more graceful than she who hobbles about in white kid pumps two sizes too small. Young woman, you are the type that our country needs—I wonder if you really appreciate your true value. Somehow I can understand your embarrassment for I, too, when a country girl like you, longed for the pale face and limpy gait of some of my city sisters. I did not realize then the real values of life—that real values consist of qualities that are lasting—that they live in the lives of our children and their children and their children's children—and those qualities increase in value. Your ambition may

not be realized in your own life but it may yield a rich harvest in the life of your descendants.

Susannah Wesley sang hymns—she loved them and learned them until her mind was saturated with the soul meaning of beautiful songs. Then came her sons who carried to the world messages that they inherited from the mind of a mother whose soul sang with an ambition that she could not attain but which bore abundant fruit in the lives of her sons.

Yes—you and I love life—every one of us—then we must not squander time. We must get happiness out of our work for that is genuine. Our sweet Canadian poetess—Jean Blewett—has coined a wonderful expression—"The Joy of Work." Go down into yonder cells for women and ask them why they are there, and nine times out of ten you will learn it is because they sought a short way to ease—they did not know the joy of work. That matron was wise the other day when she tried to interest a sentenced girl in work. When the girl refused the matron said: "Try to work once—perhaps you'll like it."

The woman is great who utilizes the blessings that God provides. Virtue is contagious, then let us think of the beauty and wonders that surround us for the soul is tinged with the complexion of thought.

"And this our life, exempt from public haunt,
Finds tongues in trees, books, in the running brooks,
Sermons in stones, and good in everything."

MISS GRACE BROOKING

A wave of regret swept over Winnipeg and the West when the resignation of Miss Grace Brooking as General Secretary of the Winnipeg Y.W.C.A. was announced. A year ago this department gave a little review of her great work and as a result Miss Brooking told me recently that many readers of this page wrote to her for advice. At that time I had considerable difficulty in persuading her to give me her picture for this page. This summer a young woman in the West wrote her upon a very personal matter mentioning the fact that she felt she could go to her for advice after seeing her likeness in this department. She liked her face and felt she could trust her. I am sure this one incident must have convinced Miss Brooking that it was well to give us her photo. To be sure there is no artist who can produce that fine spiritual expression that the Master Artist gives to those who trust in Him for strength. There are scores of girls in Winnipeg who are developing into fine noble womanhood because they trusted Miss Brooking when they needed advice. They trusted her for they liked that sweet, sympathetic expression that transforms any face into womanly loveliness. Miss Brooking's place is an unusual one to try to fill for she loved every girl who came into the institution and every girl loved her. There is too much of a tendency among Boards of institutions to value the services of their workers in terms of dollars and cents. The "Business End" is paramount, and very often the "Business End" prospers at the sacrifice of the souls of girls. This is the reason it will be difficult to find a woman to follow Miss Brooking for she possessed both business ability and spirituality.

"Not color, line or harmonies
Alone can make the perfect whole—
Beauty supreme is more than these,
It is the flowering of the soul."

NEEDLES AND PINS

Mary's clothes are carefully buttoned and mended. Gladys pins her clothes together. Mary uses needles. Gladys uses pins. Mary knows her clothes are securely fastened so she carries this air of confidence in her work. She moves in a sure manner, and climbs toward efficiency. On the other hand Gladys is not sure about her dress, because pins so easily bend and drop out, and perhaps her skirt is divorced from her blouse. She feels to see if the separation is serious. This detracts her attention and interest from her work, for she is not sure about her dress. This lack of confidence disturbs her work and marks of carelessness appear in everything she undertakes—all because of those pins. Mary's hose are darned. They are of good wearing quality to match her neat, plain business dress. Besides, Mary considers her health.

Gladys wears silk hose only, and ladders extend from her ankle to knee, and a hole in the heel is in keeping with the fringe on her flimsy silk office dress. Oh, yes—everything harmonizes in the outfit of Gladys—fringe and pins and poor, shabby, imitations all hold her down from climbing the efficiency ladder, for careless habits create brain leaks, and Gladys cannot think clearly. On the other hand, Mary, sure and well balanced, climbs steadily upward, until her salary answers the efficiency demand. Mary has on her dressing table a work bag containing needles, thimble, thread, buttons, hooks and eyes, darning wool and scissors. On the dressing table in Gladys' room is a pin tray. Needles or pins—which?

CLEAR VISION

No other country in the world offers so many opportunities as "Our Canada." At this moment I am writing from the verandah of a cottage, from which I see the rising sun cast its golden gleam on a broad field of grain—golden sunlight, golden grain, and golden opportunities for our boys and girls. Out in the country, where we have time to breathe, time to think, and time to see without artificial structures obstructing the line of vision we congratulate ourselves on the blessing of the privilege of being away from dazzling, changing lights and trickish fascinations of noisy amusements. Here, where the atmosphere is free from germs, and is clear and clean—where Nature demonstrates fixed principles, our boys and girls grow in virtue and uprightness. Their own understanding is not cheated by the cunning artifice of sham and display of plastered paradises of pleasures. No, when the sole of the barefoot boy or girl touches Nature's sod, their soul is in closer communion with Nature's God.

Why does this thought impress me so seriously this morning? It is because I am so much with girls who have cheated themselves of their own birthright. Once upon a time I, too, was a country girl and my soul swelled with ambition for a bigger and brighter life. The broad prairies, with their waving fields of grain, inspired me with the bigness of life, and I wanted to fly away to a place where life was abundant in great accomplishments. Like other country girls I thought that place was the city, but God in His goodness did not allow me to leave the country at that time, and I did not come in contact with an environment where human traps are set by human hunters for human girls.

How I long for the power to impress our girls with the value of the power of inner visions. The physical is only outward appearance. One who looks below the surface sees the deeper, more significant value of every honest phase of life. This is what I want our girls to see.

A few years ago a girl came to me from the western country. She was tired of her environment and wanted a place in the city. "I wouldn't marry a homesteader," she said; "I want some one more polished."

"You are making a mistake," I said when she told me of a good, honest farmer who wanted to marry her. But she could not see my view of men with great, fine hearts beating under plain clothes, so she began her work in the city. Two years later, when she called on me, a diamond engagement ring flashed on the third finger of the left hand, and she told me of her love affair. I said: "I wish you would not marry him; why do you not go back and marry the man on the homestead?"

"Oh, life is too hard there. There is too much work, and it's too lonely," she exclaimed indignantly. I saw no more of her until this summer. My door bell rang, and Mrs. —, with a beautiful babe, waited my answer. "Oh, Mrs. Hamilton," she urged, "have you just a minute to spare?"

I listened to her story. It was a familiar one to me. Her husband had deserted her for a painted female temptress, and she was left alone in the city—stranded.

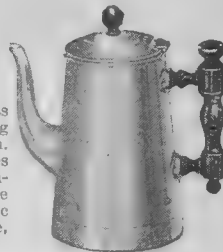
Is there a woman on a western homestead as lonely as this deserted wife in the city? Is there a homesteader's wife who works as hard as the city mother of a family, who has to struggle for their support by scrubbing and cleaning out dirty offices, where men swear and swear at her as she labors out her livelihood on her knees, while her pinched boys and girls fall down the tempter's slippery stairs?

Quaker Oats Premiums

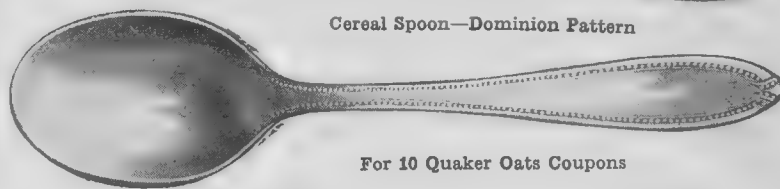
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We are offering many premiums to Quaker Oats users, in Silver Plate, Jewelry and Aluminum Cooking Utensils. A circular in each package illustrates them. This takes the place of large advertising, and gives all the saving to you. Each 25c round package contains two coupons. Each 10c package contains one coupon. Each coupon has a merchandise value of 2c to apply on any premium. We make very attractive, very liberal offers. Note them in the package.



Cereal Spoon—Dominion Pattern



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Make Good Things Energizing

Pancakes

Why not make pancakes energizing, by using Quaker Oats? They will then supply folks phosphorus and lecithin, so needed and so rare.

Folks will like them just as well—perhaps better than without oats. And they'll get a good which other pancakes lack.



Cookies

Why not make cookies out of Quaker Oats? It will make these much-liked wafers a vim-creating food.

Quaker Oats cookies taste better than flour cookies. They are rich in elements which other cookies lack. Why not make these tempting pick-ups beneficial to the boy?



Cereals

Why lavish cream and sugar on foods that don't deserve them? If you serve a cereal only once a day, why not make that serving count?

Consider food values—human needs—in these foods that people like best. Make them more than tempting dainties. Make them Quaker Oats conveyors.



Quaker Oats

THE ENERGIZING LUXURY

Nature gives to oats a flavor other cereals lack. Apparently she does this to make oats inviting. For she stores the grains with energy, with needed minerals and with food for growth.

We can't improve on Nature. But we pick out her choicest grains. In Quaker Oats we use the queen grains only—the finest one-third of the oats.

We roll them into large, white, luscious flakes. Thus we get from Nature's oats a multiplied delight. Many grain-made dainties are most delicious when made of Quaker Oats. And their value as foods may be doubled.

But use this premier grade.
Large Round Package, 25c
Regular Package, 10c
Except in Far West

The Quaker Oats Company

Peterborough, Ont.

(1381)

Saskatoon, Sask.

Now Remember!

When I ask for cocoa I want the best — and everyone knows that the best is

COWAN'S COCOA
"Perfection Brand"

It is a well-known fact that in every home where quality is appreciated, this delicious cocoa may be found. It is pure and wholesome and manufactured from the best cocoa beans procurable.

See that the boy brings it.



Ah, my dear girl, think twice before you refuse to marry the honest man on the homestead. His clothes may bear marks of Nature's soil, but that is clean. This girl's husband of the city wears a polished collar and a tailored suit, pressed in the latest crease—but underneath the surface beats a heart so dirty and mean that his personality breathes an atmosphere of filth. We cheat ourselves because we do not know the real value of life. It takes a kind of culture in one's soul to know the real value of life.

Yes, your dress is in style, and your boots are the latest shade, my girl, but a year from now they will be shabby and out of date. How about the soul that you sacrificed for that dress and those boots? It will be shabby and worn out too, while the girl who will not sacrifice her soul for clothes will be the true aristocrat a year from now, and ten years hence she will be a mental and moral millionaire.

Half our sorrows come from dullness of soul sight. A good family in a Manitoba town opened their home to a girl in the city this spring—a girl who wanted one more chance. She, however, was blind to the real values of life, and determined to live as she understood life. She valued life in counterfeit currency. So she stumbled into the city again, and down into the cell once more. "Good night my girl," I said, as she turned to go back behind the bars again. And I thought—such is the penalty of your view of life, because you have not caught the real vision. Does it pay? Does it pay

are positions open for one hundred wage earning girls and there are only fifty girls to fill them. It does not take much of a mathematician to figure out what the result will be upon wages. On the other hand, supposing that one hundred positions are open and there are one hundred and fifty girls ready to fill them, the problem of figuring out the effect on salaries is just as easy to solve. Now just as soon as it becomes noised about that salaries in Winnipeg are good, we will have a considerable immigration of wage earning girls from outside points, and the employer can then pick and choose. It is not probable that the girl who has left a good position to accept another for a better salary, at the same time leaving her past employer in more or less difficulty, can go back to her original position and receive the same courtesy and consideration that she formerly enjoyed. The young woman must not forget the fact that her services are a commodity and must be treated as such.

Business houses do not always sell their goods in the highest market, but they do sell them in that market where they can build up the most lasting trade.

Therefore, consider your present position carefully before you let the dollar entice you into another one.

Molasses Candy.—Two cups of New Orleans molasses, one cup of white sugar, one tablespoon of vinegar, one tablespoon of butter, one teaspoon of soda. Boil hard twenty minutes, stirring all the time,



In Safe Keeping

to sob your life out for a few short hours of revel in false fancies? There is a law of compensation. If we give out nothing to the world, we have nothing. If we give out much we have much.

Every girl owes the world a debt of gratitude. We cannot escape results. We cannot cheat the world. We get returns for what we give.

Each life is given its cross to bear. Each soul may have a crown to wear. And each will find when the race is run The place attained must first be won.

CHANGING HER POSITION

Just at present the wage earning girl is having her innings; due to the war a great many girls are filling positions that were formerly held by young men. This is particularly true in banks and mercantile establishments. The result is that salaries have advanced. This has created an atmosphere of restlessness on the part of the wage earning girl.

One cannot censure these wage earning girls for getting the highest salaries possible, but on the other hand they should not allow the glamour of the extra dollar to blind them to the responsibility that they owe their employers. The business house that offers a girl an extra dollar or two per week in order to induce her to give up her present position does so wholly and solely because it is up against it for help. The wage earning girl's market place where she offers her services for sale is no different from any other market. The selling price is fixed by the law of supply and demand, and just as soon as the supply begins to exceed the demand, just so soon will the selling price go down. For example, supposing that in Winnipeg to-day there

and cool in shallow, buttered pans. The beauty of this rule is that you do not need to put any butter on your fingers to keep the candy from sticking to them. Just let it get quite cool, and then take small pieces and work fast.

THE POSTMASTER

Shook Off Coffee And Got Well

It's so easy to shake off coffee and coffee troubles when well made Postum is served in its place.

The Postmaster of a flourishing southern town writes: "Coffee had made me a sufferer from constipation, nervousness and indigestion. Some time ago I quit coffee and began using Postum and ever since I have been improving. My troubles have now quite disappeared.

"I attribute my recovery to quitting coffee and using Postum and have induced several of my friends to try it. You are at liberty to use this." Name given by Canadian Postum Cereal Co., Ltd., Windsor, Ont.

Coffee used regularly adversely affects many persons. Take away the cause of trouble and give a true, natural food-drink like Postum, and the change is usually surprising. "There's a Reason."

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c pkgs.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

"Women—Let me tell you How to make Money"

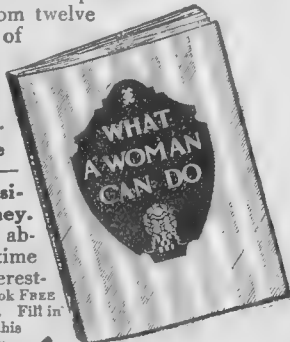
In every city and town in Canada, no matter how large or how small, I have pleasant, permanent and profitable work to be done by Women.

Hundreds of ambitious women of all ages are making comfortable, independent incomes in all parts of Canada at the work which I have to offer. I still have considerable unoccupied territory and have placed this announcement in this magazine in the hope that it may reach the eyes of some reliable and refined women, of good appearance, who are in need of money and have a desire to establish themselves in a profitable business of their own. I require women who have at least four or five hours a day, which they can devote to my work. I want women who are well and favorably known in their respective localities.

Learn What Other Women are Doing

My book illustrated here—entitled, "What A Woman Can Do"—tells my story complete. Tells how women can become independent—tells how women establish themselves in business in their home towns without capital—tells how hundreds of women are today making from twelve to thirty dollars per week without sacrificing any of their pleasures, social position or dignity in the least—it will tell You how You may also become Your own boss in Your own business—a permanent business—showing a handsome profit every week.

This is not a premium humbug—not a fake prize contest—no endless chain business game—but a straightforward, legitimate, dignified business that actually pays big profits in real money. Do not write to me unless you are in earnest and absolutely sincere—I am a busy man and have no time for idle correspondence—but if you are really interested in dignified and profitable work I will gladly send you my book FREE NO COST OR OBLIGATION ON YOUR PART WHETHER NOW OR LATER. Fill in your name and address in coupon attached to the bottom of this announcement, and mail it to me today. This will promptly bring my book to you and information as to whether your particular territory is occupied or not at present. REMEMBER THIS—To make good at my business you require no money—all you need is ambition and an earnest desire to make a comfortable income. Address—FREDERICK A. KOCH 1098 CASE AVE. DETROIT, MICH.



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A Little Retrospect of Waterloo

By Edith G. Bayne

THE old man took his pipe from his mouth and laid it upon the table. "Tell you about Waterloo?" he asked, a slow smile spreading over his face, "Why, I'll try." His glance passed beyond us and rested on a framed photograph that hung over the mantel. It was the picture of a drummer lad in khaki.

"I have no sons," explained the old man. "I had only one child, a daughter. That's her oldest boy. He's named for me. He begged so hard to be allowed to go. You see he is just eighteen-and, not having gotten his full growth, he couldn't enlist with the regulars. Ah, but the blood's in him!"

The speaker sighed. His eyes took on a far-away expression and we thought he had forgotten us. But presently he leaned back in his easy chair and began to tell the story.

I can't tell it as my grandfather did—the fire and the eloquence will be wanting—but I'll do my best. I wish I could impart the peculiar thrill that always went with his telling of the story. Many and many a time have I sat at his knee in the winter evenings listening spell-bound to his account of that glorious day. How his old eyes would flash as he told of the charge of the Scots Greys! The superb fellows, alas, were utterly annihilated. Sometimes he would rise on his rheumatic old limbs and try to act out that memorable scene when the French cuirassiers came up the slope at Mont St. Jean, all unsuspecting, and Wellington shouted to his kneeling squadrons: "Up, guards, and at them!"

I think I can see the old man now—his white mane, his wrinkled visage, his trembling hands—and once more I envy him his share in that day of imperishable glory!

A brave man was my grandad. He was less than twenty-five in the year of Waterloo and he was then a captain. His brother Frank was a sergeant with the troops that held the chateau of Hougoumont against Jerome Bonaparte. The Treaty of Ghent had been signed in the previous year and the war in Canada was over, but my grandfather, who fought at Lundy's Lane and Stoney Creek, still carried scars from those conflicts. You have all read how the English Guards ambuscaded themselves in the old chateau at Hougoumont, and of how they held out till the very last watching Papelotte and La Haye Sainte burning, and finally breaking away the lower part of the spiral stairway to prevent the French from mounting to the upper rooms. The orchard at Hougoumont—ah what a shambles it was! It was this bit of ground, but a few hundred yards in extent, that saw some of the fiercest fighting. Fifteen hundred men fell here in less than an hour. A sunken garden, balustraded and terraced after the old French style, led to the orchard and at the other end there was a stone wall concealed by a quickset hedge. Soye's brigade, coming blithely up from the south, thought they had only to scale this hedge. But behind the deceiving verdure there were thirty-eight loopholes in the wall and as many muskets. However, the French—those left alive—climbed the wall by their nails and a hand-to-hand fight took place under the fruit trees.

But, to go back a bit, my grandfather was one of the guests at the famous ball given by the Duchess of Richmond in Brussels on the night of the fifteenth of June, 1815. Well did he recall the panic and excitement among the dancers at the sudden booming of the cannon at Quatre Bras. He told us of the frenzied dispersing of the crowd, of brave men turning pale and women fainting, of the bugle calls and the tramp of horses' feet, of the confusion and the cries. Byron has described that scene better than anyone else, I think:

"But hark! A deep sound strikes like a rising knell!

Arm! Arm! It is the cannon's opening roar!

The foe, they come, they come!

The English slept calmly on the night of the seventeenth—the eve of Waterloo. Many brave hearts that would not beat

by sunset of the next day, slumbered about the bivouac fires at Mont St. Jean. But the French were alert and restless. Napoleon could not sleep. Throughout the night he rode up and down before his troops, giving orders and inspecting positions and watching Wellington's watchfires which half-girdled the horizon like a string of rubies, gleaming redly through the pouring rain.

Yes, it rained before Waterloo. A noted French writer has said that a little rain, a cloud crossing the sky when rain was not expected, was sufficient to overthrow an empire. For the wet delayed the action and allowed Blucher time to come up. The French see in Waterloo an

obscure enigma. The English, who could scarcely account for their victory either, are more inclined to call it divine chance—preordination.

There was Napoleon then, restless, eager, yet cool withal, riding with his aide-de-camp along the lines, stopping occasionally to watch the lightning and listen to the thunder. The man of destiny was calm, confident, colossal. His men eyed him with a sort of religious awe. He inspired fear and reverence and hero-worship. They knew him for a genius. He was one too—this young general of forty-six. Call him cold-blooded and calculating if you will. He was cruel and inexorable, but he was also great. It is ridiculous to compare the Kaiser with Napoleon. They are alike only in their lust for world-domination. The German Emperor is vain, superficial and boastful.

Napoleon was confident, subtle and brilliant.

At daybreak Napoleon, seated on a truss of straw, called his generals about him and laid out the plan of attack.

To procure an idea of the field of Waterloo, you have only to imagine a capital A. The apex is Mont St. Jean, the end of the right leg La Belle Alliance, Napoleon's position. The end of the left leg is Hougoumont, and to the right of Hougoumont and slightly up is La Haye Sainte, with Ohain and Papelotte further east again. Behind the English camp on the plateau was the deep and intricate forest of Soignies, which would have proved a veritable death-trap had Wellington been obliged to retreat upon it, for it was filled with quagmires and marshes.

The left leg of our A represents the

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To sit in the driving seat and tonneau of this six and ride over the steep hills and rough country peculiar to sections of the Dominion, is to realize the accuracy and care which Studebaker has exercised in making this the most preferred of all Canadian cars.

You must see the car, however, to appreciate its points of distinction—to understand those features of its design and construction that place this six on a par with cars costing hundreds of dollars more.

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Touring Car, 7-passenger.	\$1450
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Paring never ends
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That is due to a chemist who has studied corns for 25 years. He has found a gentle, certain way to end them.

No soreness, no inconvenience. Blue-jay is a wax set in protecting plaster.

Millions of people never have corns, simply because they know Blue-jay. They stop them as soon as they start. But substitutes won't do that.

Blue-jay Ends Corns

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Nivelles road, the right the Genappe road. Midway of the crossbar is the spot where the battle was actually won and it is here that the English nation has erected the monumental pyramid of earth surmounted by a lion, that indicates to the tourist the exact section of the field which witnessed the final triumph.

The battle did not commence until nearly noon. Napoleon was waiting for the mud to dry up as his troops could not manoeuvre on the soggy ground. He was also waiting to give Grouchy time to arrive. These careful calculations were perhaps the real cause of his undoing, for after all Grouchy did not come to his aid nor did the sun come out. The sky was overcast all day.

Hougoumont held, but La Haye Sainte was taken, and Napoleon pushed on along the Brussels road in an effort to

A silk Union Jack was presented to the Canadian troops by the women of England through the League of the Empire

Europe! There was an obstacle. It was a crossroad, a deep trench-like highway running along the slope of the opposite crest and entirely hidden from view. It was even invisible through glasses. It was the short road leading from Ohain to Braine l'Alleude, and there was not even the faintest suspicion of a ridge to mark its presence. So Napoleon ordered his Grand Army, three thousand five hundred strong, to carry the plateau. Ney drew his sabre and placed himself at their head and the formidable squadrons began their advance, lances raised, standards flying.

What a spectacle it must have been! Ah, we could esteem our enemy in those times!

Imagine then that mighty host—steady, uniform, implacable—with sabres flashing and banners fluttering—moving as one man. Picture the havoc wrought in that glorious company when, advancing up the slope, they came suddenly upon the unsuspected road. It was twelve feet across. All was confusion. The front riders plunged into the abyss, the second line following them and the third and fourth and fifth and sixth, until hundreds of men and horses lay struggling and dying in the deep ravine. The left division, however, had wheeled just in time and so was saved such an inglorious end. My grandfather used to tell of the piper of the 75th Highlanders, the brave lad who sat upon a drum play-



bar the approach of the Prussians who had out-manoeuvred Grouchy at Wavre and Ligny and were momentarily expected.

All along throughout the day and until about five o'clock in the afternoon Wellington seemed doomed. Down in the valley the villages were on fire, Hougoumont only withstanding defeat. Through his field-glasses my grandfather watched that magnificent attack of the French troops, which is one of the most thrilling stories in all history. I can hear the old man yet, hear that odd shake in his voice as he described the superb deliberate onrush. It was Napoleon's great coup—his final move. It was admirable, even while tragic—that steady onward march down the southern slope, across the valley and then up the northern slope.

Napoleon thought the English were retiring. They had disappeared behind the crest of the plateau and victory indeed seemed imminent. Napoleon smiled. He had been grim and silent all day. Now he sent a messenger off post haste to Paris to announce that the battle was won. But "there's many a slip 'twixt the cup and the lip"! He rose in his stirrups and scanned the Nivelles road. He noticed a little white chapel in the distance and he stooped and inquired in a low voice off his guide whether there might be any obstacle in the way of the contemplated charge—such as a stream, or a wall, or a ditch. The guide shook his head. On that shake of the head, Victor Hugo says, hung the fate of

ing pibrochs to cheer on his comrades, until he was stopped by a French sabre cut through the heart.

The English had not retired. They had merely fallen back a bit and formed into squares, with the Guards kneeling behind the slope, and ready to spring up at Wellington's word.

About six o'clock Wellington was observed glancing at his watch and he was heard to murmur: "Blücher or night!" For even still, the odds seemed in favor of Napoleon.

When finally, off to the east, Blücher was to be seen approaching, a great cheering broke out among the English. All was riot now in the French lines. The fighting that followed must have been unparalleled! The French were utterly routed and the Prussians gave savage chase, for Blücher had issued the command to "exterminate."

Observe the Prussian method! Does it not sound dismally familiar in the light of present events? "No prisoners—no quarter! Annihilate! Kill, slay, run them through!"

These were Blücher's orders. The French now were crying: "Sauve que pent," instead of "vive l'Empereur."

At eight o'clock the clouds parted in the west and the red glow of the setting sun shone through the elms upon the field of Waterloo and witnessed the Grand Army of Napoleon that had assembled in such magnificent array in the morning, lying dead, with the small frac-

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Take Dr. Cassell's Instant Relief for constipation, biliousness, torpid liver, sick headache, dizziness, specks before the eyes, flatulence and windy spasms, acidity, heartburn, impure blood, and that dull, heavy feeling which is a sure indication of liver troubles.

Ask for Dr. Cassell's Instant Relief.

Price 50 cents. from all Druggists and Storekeepers,

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Dr. Cassell's

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tion who survived fleeing for life in every direction.

The man who had won Jena and Marengo and Elot and Wagram and Austerlitz had met the ultimate fate of all would-be world conquerors. Napoleon was defeated and for all time. Never had there been such a rout! Upon the records of time there was now written the word "Waterloo." It was the hinge of the nineteenth century. The 18th of June, 1815, was the day upon which the whole perspective of the human race was altered. Waterloo stands last and greatest in Creasy's "Fifteen decisive battles of the world."

The brave English—British they are called now—and the gallant French have ever played the game fairly. Such a battle lacks the bitterness of to-day's conflicts when we are engaged with an absolutely unscrupulous foe, who has disregarded every rule of honorable warfare. Ah, war was war in those days! I am not bloodthirsty I hope, but I know I should have enjoyed a battle or two under the old regime, with bugles, helmets, busbies, gold braid and tassels, banners, lances and all the rest of the picturesque accoutrements which do not figure in the life of the present-day soldier.

Waterloo would seem but a skirmish I fancy, compared with many of the battles that have already been fought in Flanders and at Gallipoli. The actual field of Waterloo is indeed only a little over two miles long and less than a mile in breadth.

That's a very rough outline of Waterloo. It is, I know, but a very crude attempt at a story, and yet at the mere telling of it I feel in my old bones a singular ache. It is as if they cried out to be up and in action. Ah me! I shall be seventy-six come Michaelmas! I don't suppose the recruiting sergeant would even look at me!

The old man reached across to the table and took up his pipe again. He knocked the ashes out against the fender and began to refill the bowl with tobacco that he took from a pouch in his pocket.

Then, as he puffed slowly, his old eyes grew dreamy, and by and by they lifted, as from force of habit, and rested on the photograph over the mantel. Then they kindled with fond pride—and perhaps a little envy.

He had forgotten us so we slipped away, but as we went some lines from Newbolt's "Drake's Drum" kept beating their rhythmic tattoo in our ears:

"Take my drum to England; hang it by the shore;
Strike it when your powder's running low.
If the Dons sight Devon, I'll quit the port o' Heaven,
And drum them up the Channel as we drummed 'em long ago!"

Canada Reborn a Fighting Nation

(Continued from page 5)

One might go on and on enumerating and specifying of the things that Canada has done, and fill a bulky tome. The main things have been here briefly summed up so that a full realization of how great Canada's work and accomplishments have been, may be arrived at.

Colossal, titanic, infinitely vast has been her achievement. Standing a pigmy power on that memorable day of August, 1914, when from the cannon mouth came thunderously forth those first words of the great God Mars that were soon to set a world on fire, this "Lady of the Snows," timid, shrinking and almost unknown, has been magically metamorphosed, appears now to an astonished and blinking outside world an Amazonian giantess, Broddingnagian of strength, vast of wealth, unlimited of natural resources.

Fired by a till now untested bravery, an infinite zeal and energy, she is a warring goddess to be reckoned with, an unknown factor looming large, growing ever in proportion, a new sprung power presenting to the universe at large a daring and unlooked for front, an ability in arms and commerce that may win for her a great and honorable place in the sun of the mysterious and unreadable future.

Temperance is the father of health, cheerfulness, and old age. Drunkenness has so large a family that I cannot remember the names of one-half of them.

Fritz Abroad—The Departure—First Letter

(Continued from page 6)

hens that furrow the seas. Some delayed men were hustling down the yard and up the plank, and what a real Canadian cheer they got from that deep brown line. At this period I took a short (?) walk through the liner—promenades, concert saloons, cafes—cabin passages got me twisted, and I had to ask my way back to our snug little berth. All this time an ominous thrill was running through the mighty frame of the boat, now it began to throb—a regiment of Highlanders embarking on a neighboring transport saw we were nearly ready for "lines off" and raised such a hearty cheer as they plunged into the grey side of their huge ship. Now, without any audible orders, the gangways are in, the lines are off, and we pull out into mid-harbor and anchor beside one of the biggest trans-Atlantic liners, and her soldier laden sides break out into cheers as our huge anchor chain rasps its way through the great steel run and we come to the tide with a graceful swing—all afloat, ready for the ocean voyage.

Exercising

In adopting rules for preserving your health, you should remember that no matter how good a thing may be, it is quite possible to have too much of it. The rule holds good of almost everything except fresh air; it is hard indeed to get too much of that, although perhaps you will do well not to live where high winds prevail. But the case of muscular exercise is different. Although some kind of exercise is necessary to health, it is impossible to lay down general laws in regard to it; the form must be modified for each individual. Age, sex, strength, appetite, digestion, mode of life, and a dozen other considerations, all enter into the question. The amount of exercise required to keep one person in good condition would quickly exhaust, and might possibly kill, another.

Most persons who wish to be strong and well, and who have no desire to compete in athletics, should aim at the general well-being of the whole system rather than at developing muscle. That is especially important for those who have passed the age for athletic sports and whose work does not demand unusual muscular power. As a general rule, it is better to exercise outdoors than indoors.

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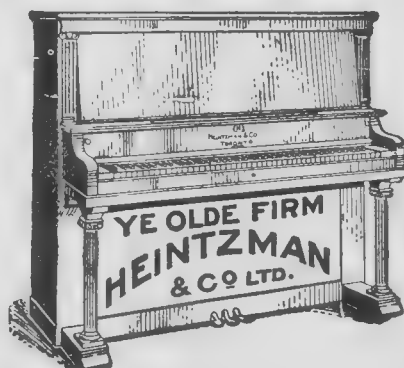
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The Philosopher

THE COMING DAY OF DELIVERANCE

Never before has there been such a turning point in human history. Never before has there been such a colossal struggle as is now being waged. Millions of men have died, millions of women and children have been driven from their homes. Human suffering and misery such as the world has never known before have replaced peace, happiness and orderly life in great areas of the old world. Wherever German armies have passed there has been a harvest of dishonor for women, of cruel death for children and old men, and of unprecedented ravaging and destruction. All that violence, deceit, ruthlessness and "terribleness" could accomplish has been accomplished over no inconsiderable portion of the European continent. For forty years Germany worked at her preparations to seize world dominion. But all her vaunted "efficiency," her savage ruthlessness in action, have failed. Those who will live in the years to come will have a better measure than we can have now of the grandeur and the horror of this present time, and of how much has been won for mankind by the defeat of the German assault upon civilization and freedom. For the defeat is already becoming manifest. The day of deliverance from the German menace to the principles upon which all free countries are built is coming.

WHEN WHITFIELD TURNED THE HOUR GLASS

In reading recently a book about life in England in the eighteenth century, the Philosopher came upon some interesting facts in regard to the marvellous preaching of George Whitfield, whose voice was so clear and powerful that it could reach 20,000 people in the open air, as Benjamin Franklin proved by actually testing the distance at which it could be heard and calculating the number of hearers that could stand within that distance. Of his fervor and dramatic action, with which he held his hearers spell-bound, and of his homely pathos, many extraordinary things are told. It was when he was preaching to the colliers at Bristol, whose "tears plentifully fell down their black cheeks, making white gutters," that his fame began. He made no less than seven evangelizing visits to this continent, and died in Massachusetts in 1770, soon after saying "I had rather wear out than rust out." During the greater part of his life he preached from forty to sixty hours a week. In those days preachers preached literally by the hour, for it was customary to have an hour glass in the pulpit. When Whitfield turned the hour glass over, an indication that he would preach for another hour, his hearers used to shout for joy. He used to draw great congregations to hear him as early as five o'clock in the morning. What preacher in these days could do the like? Is it that there are no Whitfields now, or that the world has changed?

GREAT BRITAIN AND FRANCE

Nothing has so completely baffled the Germans as the growth and strength of confidence between Great Britain and France. The Germans counted upon the British and French failing to work together in harmony. They left nothing undone in the hope of making the French and the British have doubts of each other. The attack upon Verdun with such stupendous force was, beyond all else, an attempt to convince France that Britain was not ready to help her, and that she must surrender or die. But nothing could shake the Anglo-French union, which has given such superb proof of itself, working with constantly increasing efficiency and success. Out of this alliance of two great peoples, so different in their race history and traditions, has grown a firmly rooted confidence and mutual respect which will be a potent influence in world history.

WHEN A WEED IS NOT A WEED

The Philosopher has a friend who is a botanist and who occasionally delights in praising the commonest weeds and in pointing out that many of them are, in reality, plants which have value. The burdock and the dandelion and many another plant which is despised and rooted out have medicinal properties. Many drugs which, as articles of commerce, are worth a high price per pound are derived from plants which we commonly regard as weeds. "Why, then," says this friend of the Philosopher's, "should you not select some such weed, from which a drug in general demand is extracted, and encourage it to flourish like the green bay tree? It is all very well to say that a silk purse cannot be made out of a sow's ear, but it may be that a silk purse can be well lined with the profits from a weed which you have been accustomed to look upon as scarcely fit for hog food." The botanist, when he says this, is not speaking in entire seriousness; and he is speaking as a botanist, not as a man versed in the facts of supply and demand, and not as a man acquainted practically with the drug manufacturing business. And, moreover, the growing of any such weed for profit would mean work. Only in a lazy man's dream will any sort of plant grow of itself for him and sprout dollars to provide him with a fat bank account. Other plants would have to be weeded out of its way. Cultivating anything means work.

THE SPREAD OF ENGLISH

Fifty years ago French was the recognized medium of discussion at diplomatic conferences. A couple of centuries ago Latin was the language used at such conferences, and in all diplomatic and international correspondence and state papers. But when the high representatives of the Allied Powers held their recent conference in Paris, those present—representing Great Britain, France, Russia, Italy, Japan and Portugal—did their business in English. A generation ago, as one of the London papers remarks, the British representatives at a diplomatic conference would hardly have ventured to suggest such a thing. A great variety of influences of constantly increasing power are at work making English more and more a world language. To mention only one of the many significant facts that might be mentioned in this connection, English is now taught in the public schools in Japan. Great as has been the spread of the English language throughout the world during the past quarter of a century, it will undoubtedly spread more rapidly during the quarter of a century to come.

AS TO "ENGLISH" AND "BRITON"

In the House of Commons a few months ago Mr. Asquith was corrected for saying "British," when he really meant "English"; and, in apologizing for the slip, he explained that he had only lately broken himself of the opposite error. The old controversy in regard to the use of the word "English" as the designation of not only the United Kingdom but of the whole British Empire has had a revival since the beginning of the war. The title of Mrs. Humphry Ward's book, "England's Effort," for example, has brought forth strong protests—one of the strongest being from an Englishman. "English authors, publishers and journalists," he says in a letter in the London Spectator, "should beware of giving needless offence in this matter. If you ask a Welshman or a Scotchman, or a Canadian, what he thinks about it, probably the reply will not be in words—just a significant shrug of the shoulders, which speaks volumes." Not that the ties which bind the Empire so strongly together in unity can be in the least affected by any such thing as that. There are not a few things in this world for which there are not adequately descriptive and expressive words. The London Spectator vehemently defends the use of the word "English." "No one," it says, "would seriously propose that we should talk of the 'British' language, or 'British' literature." In regard to the further remark made by the Spectator, that the objection to the use of the word "English" comes only from "jealous Scots," we may surely say that it is not highly judicious. The Spectator goes on to say that if we are to say "British," we must also, in logic, say "Briton"—which, the Spectator regards as "an ugly word, suggesting an undesirable ancestor, covered with woad." But what possible reason can be alleged for being ashamed of the ancient Britons, who decorated themselves with that blue pigment? The word "Briton" was proudly used by Nelson. King George III boasted that he "was born a Briton." And does not all the world know the true and glorious refrain, "Britons Never Shall Be Slaves?"

VICTIMS WHO SHOULD HAVE MEMORIALS

It was a fitting and proper thought that prompted the inauguration by the patients in the Canadian Hospital at Ramsgate of a movement for the erection of a monument to the victims of the Zeppelin raid on that town in March last. The idea is worthy of extension in England, and in France and Belgium, to say nothing of monuments to the defenceless men, women and children of the United States murdered on the high seas by German submarines. If the places in Belgium and in France and on the east coast of England, where the Germans have committed cowardly murders, were marked by monuments, great would be the number of these memorials of the greatest crime of all ages. They would be lasting monuments to a colossal infamy, and warnings for all time against the evil spirit that caused this war, in the hope of making ruthless Might the master of human destinies. A Frenchman visiting London can never find anything humiliating in Nelson's column, nor a Russian in the Guards' monument, commemorating the Crimean War; those and other British monuments of British victories by land and sea mean no shame to the vanquished, being memorials of struggles in which both victors and vanquished showed valor and the high spirit of patriotic heroism. Not so with the monument to be erected at Margate in memory of the victims of Zeppelin bombs; not so with any other memorials of defenceless women and children murdered by "supermen" in airships and submarines.

THE TWO-SIDEDNESS OF THE TURK

Ever since Gladstone's burning denunciation of the atrocities committed in Bulgaria, and Carlyle's fastening of the epithet "unspeakable" upon the perpetrators of those atrocities, the civilized world has regarded the Turk as a human devil. During the past two years the Turk has eclipsed all his previous atrocities by the massacres of Christians in Armenia, which he has carried on without any disapproval on the part of his guide, patron and ally, the Kaiser. They have been the most appalling massacres in modern times.

And yet the Turk has shown himself "chivalrous and humane" in his treatment of General Townsend and the garrison of Kut el Amara. The War Office has made acknowledgment in an official statement of the humanity shown by the Turks to the wounded, their scrupulousness in returning kits of wounded British soldiers, and their observance of the decencies of warfare. Men returned from Gallipoli tell the same tale. They say the Turks would not fire upon the Red Cross, and in other ways behaved more honorably than their Teuton allies. Is there a more amazing problem in human psychology than is presented by the contrast between all this and the Turkish massacres of entire Armenian villages, the sinking of shiploads of Armenian women and children, the deliberate wiping out of the Christians in Armenia, with a fiendish relentlessness which has drenched that land with blood?

UPLIFTING THE POTATO

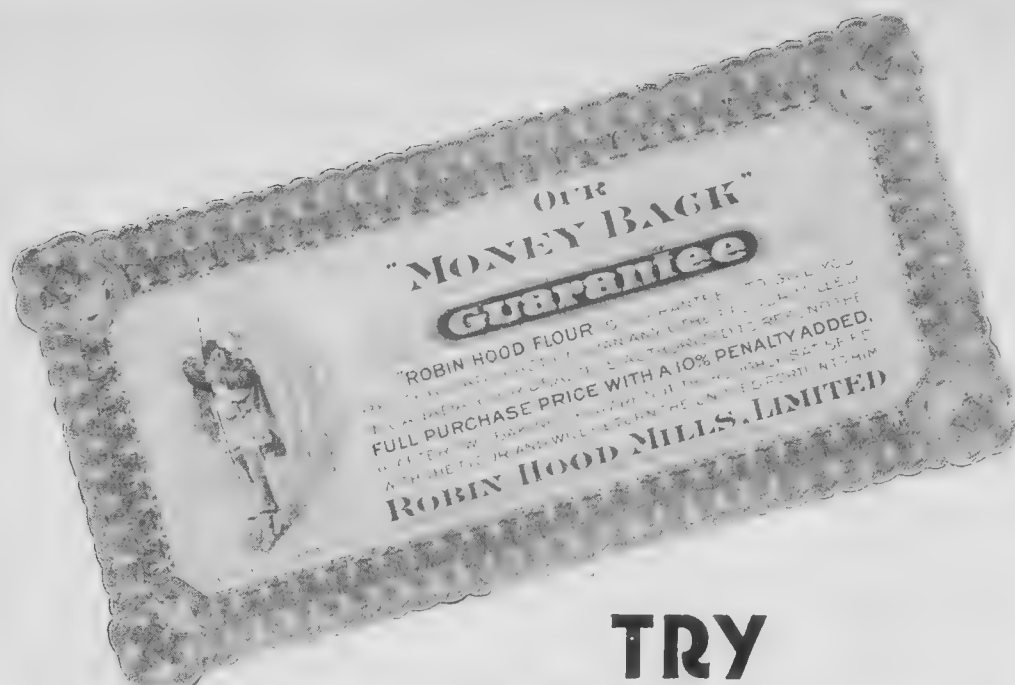
We do not hear so many tales now about how the wonder-working chemists of Germany can make bread from birch-bark, and beefsteaks from pine planks, and sausages from saw-dust, and so forth. But from both sides of the Atlantic, at not infrequent intervals, come stories of wonderful inventions; and every few weeks we read in the newspapers about some extraordinary novelty in scientific discovery. The latest thing of this sort which the Philosopher has noticed is the announcement that Professor Howard Dean, of a Missouri college, is on the point of discovering a method by which potatoes can be made to change their starch into sugar, as they grow. If so, who knows but that the potato may be uplifted from its lowly estate in the ground and given a place in the sun on the branch of a tree, like an apple, or an orange? Is it not high time that somebody did something for the uplift of the potato? Too long has it hidden humbly in the earth, till somebody ate it, with never a thank you. But, alas, it may be that we shall never hear anything more of the wonder discovery which Professor Howard Dean was announced to be just on the verge of.

A DEBASING STATE SYSTEM

The world has overmuch of the wonderfulness of German "system" and "thoroughness," and of the "efficiency," so called, of the German subordination of the individual to the State. It is said not infrequently that in these respects the world has something to learn from Germany. The thing of overwhelmingly vital importance which the world has to learn from Germany is the poisoning and brutalizing effect of such a State system. The exponents of Kultur seek to glorify the eager obedience of Germans to their rulers as a finer and nobler thing than the freedom which we British people and the French people rightly regard as the very breath of life. But the submissive obedience which has been drilled into the fibre of the German people is not merely destructive of true individuality. It brings out the lower nature, the basely animal nature, which only the development of individual responsibility and self-control can hold in subjection. The countless cruelties and atrocities committed by German officers and soldiers are the inevitable outcome of a system which teaches the wearers of the Kaiser's uniform on land and sea to look at things from a point of view which is anti-human and profoundly criminal. Thus it is that foul and atrocious deeds are done on land and sea, and their perpetrators regard themselves as heroes; and are regarded by Germany, from the Kaiser down, as heroes. Thus it is that such achievements as the torpedoing of the Lusitania, and the murder of Edith Cavell, and the dropping of Zeppelin bombs on women and children, have produced rejoicings in Germany. The spread of the principles and doctrines from which such results grow would mean that civilization would go backward, not forward.

THE SLAVS AND THE FUTURE

Dr. Charles Mayo, the famous surgeon of Rochester, Minn., in his address on being elected president of the American Medical Association a few weeks ago, gave expression to his belief that the Slavs are destined to play a great part in the coming decades of this century. That Russia will have a greater influence on Western civilization than ever before seems inevitable. We may well believe that not many of Dr. Mayo's fellow-countrymen will be pleased with his prediction that the Russians will surpass the Americans. Dr. Mayo says that the greatest danger to the American people arises from the fact that they are so generally blind to everything but materialism and money, whereas the Russians are more intellectual and far more devoted to the things of the spirit—a comparison which assuredly will not give pleasure in the United States, and will be found all the more distasteful by reason of the fact that it is made by one of the most distinguished of Americans. But whatever may be thought of Dr. Mayo's opinion, even those of his fellow-countrymen most disposed to make little of it must admit that it is undeniable that in the time to come the Slav will have to be taken account of more than ever before.



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Temperance Talk

Uncle Goodman's Idea

"What difference would it make if we hadn't signed the pledge? You don't suppose we would ever drink?" asked Jasper Medtz, of old Father Goodman, under the apple-tree.

"Shall I take off your name, Jasper? Are you sorry it's down?" was the half-sad, half-comical reply, as Father Goodman looked at him over his glasses.

Jasper blushed, "Oh! no, not sorry; but you seemed so pleased to have all nine of our names, and we don't any of us like wine or brandy or even beer, a single bit."

"Did you ever see Tom Bently. The boys all laughed."

"Or miserable Madge McNeary?" The girls exclaimed, "Oh, Uncle Goodman!"

"Well, how do you suppose Tom looked at nine years old?"

"He looked like a little gentleman, in his green jacket and tasseled green cap, with fair, open face, and hair brushed off from as fine a forehead as we have here; and he didn't care a straw 'for wine, brandy, or even beer.' To-day, who could induce him to sign a pledge, or keep away from the lowest saloon in the town?"

"And did Madge McNeary ever wear a pretty frock, and ride in a nice carriage?" asked Susie Burton.

"I presume so," said Uncle Goodman, smiling at the quick appreciation of his first question. "And gold or jewels would not hire her to-day to do what has cost you not one moment's thought. Perhaps if I had waited twenty years longer, and then asked for your names, I might have lost six or seven, or at least four or five, of these jewels out of my crown. Suppose you were going to coast, some crisp winter day, down a very steep hill, and just before you started, some one told you there was a stream at the bottom with ice so thin that you would surely break through; which would be the easiest for you, to start off on your sled and spin half way down, and then stop short and come back, or look at the danger, and walk off to a safer place before starting at all?"

"Of course, not to start," said Jasper. "Well, that is just why I am getting all the boys' and girls' names to the pledge that I possibly can. I have lived a good while in this world. I have seen a great deal of misery among men, women and children from intemperance. I have seen good men try, in all sorts of ways, to put a stop to it. I've heard ministers

preach against it. I've heard judges sentence men to pay large fines for selling liquor; and heard other judges sentence other men to be hung on the gallows till dead, for some crime committed under the influence of strong drink, which, if they had not tasted, they would not have committed. I've heard Washingtonians lecture; heard reformed drunkards tell of the horrors of delirium tremens; I have seen the graves of fathers, and of sons, making mute appeals from hopeless hillocks of green; and, for all this, to-day the same deadly work goes on—men to sell, and men to drink, and women to weep and die of broken hearts. And my mind is pretty fully made up, that the very best and only sure way to save the world from this dreadful evil, is to begin with the children, when they 'don't care a bit for wine, brandy, or even beer. Anticipate the taste—get in advance of the habit—and where is the trouble? That's my idea. And now off with hats and bonnets; the temperance lecture is over and supper is ready in the arbor."

The Churches and Temperance

The writer, who is pastor of one of the churches in the City of Brotherly Love, says the need of stirring up our churches to more responsibility in the matter of temperance is impressed upon him so strongly he is moved to write. The word he sends is good, and should be heeded. The subject is eliciting earnest attention on all sides. Eminently, wise are the suggestions which he makes. He says:

Every Christian church ought to be actively engaged in the temperance work. For:

1. Temperance effort, without religion, is doomed to failure from its shallow and partial nature. One great error of the past has been in underestimating the force of the enemy. The war has been carried on as if the sin of drinking alcohol stood alone, and could be put to flight by a facile discharge of light eloquence, or be destroyed by an easy legislative enactment. But intemperance is supported not only by lust of gain in the dramseller, and lust of intoxication in the drunkard; but around it rally all the passions and appetites grown sturdy in sin. For drunkenness is not an exotic, sprung from a foreign seed blown in upon the human heart. It is one shoot from the whole root of sin. Like all forms of sin, it springs from uncontrolled desire. It is not to be conquered by itself, but it, and its fellow, must be met together. The whole powers of the soul must be aroused to fight the whole leagued host of sin, before any one form of sin can be slain beyond danger of resurgence. Neither man nor community is safe in any province of its life, least of all in this most exposed province of the use of stimulants, till it puts its whole life under the control of conscience and God's law. No organizations but the Christian churches dare undertake a work so vast as this thorough regeneration of an individual or a community. The church, relying on promised divine aid, dare undertake it, and can accomplish it. It can wed temperance to religion, earth to heaven.

2. The churches have not only the spiritual power for this work, they have also the external facilities. Every church has a permanent organization already officered and in the field. Its office is to glorify God in the salvation of men. Right in the line of all its other efforts, a church can be an efficient temperance organization. It can assail the enemy at once, without the delay of drilling a new force.

It has a convenient place for temperance meetings in its centrally located and already furnished building. Why should the church building stand unused so large a part of the time? In the cities the interest on the cost of the building is often two or three or four times the pastor's salary. He is expected to be at work of some kind for the parish at least six days in the week. Why should not the church building be kept in as constant service, when its actual rental is so much more than his stipend?

Let the churches use faithfully these facilities for temperance work. Let them bring to bear upon intemperance the motives not of one world, but of the three worlds; let them invoke and appropriate divine aid in the struggle and the temperance efforts may soon show a more hopeful record of results.—W. E. C. Wright.

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The Home Doctor

The Cancer Problem

By Cyrus L. Topliff

Cancer is now recognized as being one of the most dangerous and unfathomable diseases ever known.

The most skilled physicians have made a deep and scientific study of the disease for many years and yet no tangible progress has been made, and at the present time no more is known about its fundamental cause, or its cure, than a hundred years ago.

There are only two possible remedies now recommended by the medical profession: one is to destroy the diseased tissue by the use of radium, X-ray or heat, and the other is to remove it by a surgical operation in its earliest stages, and even then these treatments seldom secure a permanently favorable result, except in the earliest stages and in certain varieties.

When the disease is far advanced, either of these treatments may result in very serious after effects, by the poison being conveyed through the blood circulation to other parts of the body where there may be a certain form of unhealthy tissue, which would furnish just the proper medium for its continued development.

It is, therefore, a matter of profound satisfaction that the master minds in research work the world over are centering their efforts in this direction more intensely than in any other, and ere long a cure will surely be found.

As the disease often is not cured by medical treatment, and is seldom permanently cured by any surgical operation, it is quite evident that the medical profession will have to include entirely new lines of research in order to meet with a substantial success.

Medical statistics show that during the year 1915, in the United States, 80,000 deaths resulted from this disease and of this number 67,000 were over 45 years of age.

The highest medical authorities have finally decided that cancer does not result from a germ of any kind but from some unknown form of bodily poison which starts and spreads through unhealthy or diseased tissue suited to its propagation, and ultimately destroys that tissue. Another point on which they agree is that the disease is not hereditary or contagious. This information will greatly relieve the minds of many thousands of people who, if the disease has previously existed in any branch of their family, are in constant fear of it, which very thought is a powerful factor in helping to create a cancerous condition. It has also been decided that the fundamental lesion may be present in the body for many years before the disease becomes fully developed, or the person is aware of its presence.

Perhaps the following suggestions may be worthy of consideration.

Without the mind, the body is only material matter, and therefore its conditions are largely, if not entirely, under the influence of the mind. If the medical profession will make a thorough scientific study of the relations between the mind and body, they will soon discover the fundamental cause of many diseased conditions which are at the present time a mystery.

Good thoughts induce good health, but bad thoughts, such as worry, fear, hate, spite, never fail to leave an injurious effect on the body by weakening the whole nervous system; and intense, long continued fear often attracts into manifestation the thing so dreaded.

It is impossible for cancers, tumors, tuberculosis, or any form of ulcerations to occur in any part of the body unless unhealthy or diseased tissue is present to form the necessary base for their propagation.

It is also impossible for said tissue to become diseased or unhealthy unless the nerves supplying life and action to that particular part of the body have first become impaired, so that they are unable to fulfill their natural functions.

As the mind is the only power which can overstrain or weaken the nervous system, it is reasonable to suppose that we must first study the action of the mind over the body before we can discover the real fundamental cause of any inflammatory or malignant form of disease.

Fear and worry are synonymous, and inseparable in a person's mind. There-

fore, fear is really the fundamental cause of many diseases, and the various forms of such depend largely on what particularly harmful thoughts are combined with fear in each patient.

If the medical profession fail to solve this difficult problem, it is possible that some "layman," who has given much thought and study to the subject, and experimented on scientific lines, may ultimately succeed in demonstrating the fundamental cause, and if it can be accomplished, then much of the mystery of all diseases will disappear and health and happiness will be much more general than at the present time.

Drinking in Summer

The longer a person can put off drinking a glass of water on a hot summer's day, the better it will be for him; for if he drinks largely early in the day, the thirst will be increased, with an uncomfortable sense of fullness, large perspiration, increased liability to colds, with a debilitated condition of the system.

In taking a glass of water or other cold drink, it is better to take but a single swallow at a time, removing the glass from the lips for a few seconds; thus the thirst will be quenched with half the amount of water, and danger is avoided of sudden prostration. Half a dozen swallows thus taken will quench the thirst more completely than twice the amount if taken continuously without removing the glass from the lips.

If a person is very thirsty, chewing lumps of ice is safer, better and more effective than five times the amount in the form of cold water. If very warm, it is safer to hold the glass for a minute or two encircled with the fingers and palm of the hand. This cools the blood a little, and at the same time tempers the water.

Importance of Health

"I am inclined to doubt," says Sir John Lubbock, "whether the study of health is sufficiently impressed on the minds of those entering life." Not that it is desirable to potter over minor ailments, to con over books on illnesses, or experiment on ourselves with medicines. Far from it. The less we fancy ourselves ill, or bother about little bodily discomforts, the more likely we are to preserve our health.

It is, however, a different matter to study the general conditions of health. A well-known proverb tells us that every one is a fool or a physician at forty.

"The requisites of health are plain enough, regular habits, daily exercise, cleanliness, and moderation in all things—in eating as well as in drinking—would keep most people well."

When the summer of youth is slowly wasting away on the nightfall of age, and the shadow of the past becomes deeper and deeper, and life wears to its close, it is pleasant to look through the vista of time upon the sorrows and facilities of our earlier years. If we have a home to shelter, and hearts to rejoice with us, and friends have been gathered together around our firesides, then the rough places of wayfaring will have been worn and smoothed away in the twilight of life, while the many dark spots we have passed through will grow brighter and more beautiful. Happy indeed are those whose intercourse with the world has not changed the tone of their holier feeling, or broken those musical chords of the heart whose vibrations are so melodious, so tender, and so touching in the evening of their life.

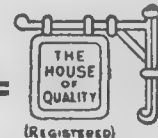
Our world is not made for geniuses, nor managed by them. Its best work is done by people of moderate ability and more than moderate faithfulness. Their loyalty to duty at home, churches, business and public life is the salt which keeps the world sweet and clean. They are not much known to the newspapers, but their names are written in heaven as its agents and correspondents in the busy life of earth. When the final verdict comes, they will be the astonished people at hearing such an estimate of the poor things they did and strove for. But these are weighed in better balances than either Church or State use here.

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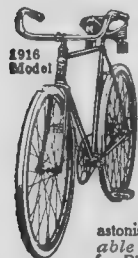
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A Preferential Land Policy for Canada

By David Barrett Ross

THE returned soldier problem is one that is now uppermost in the minds of our civilian public, and we all realize that the best we can give, and the most we can do is none too good for the gallant fellows who are now, or may yet be, engaged in the defence of our Empire whether they enlisted in Canada or in any other part of the Empire.

This brings to mind something which I have often thought of even before the war began, namely that since we have in our Tariff Policy a sub-policy granting preferential treatment to the Mother Land in the matter of duty on imports, why should we not adopt a similar policy in the administration of our public lands; thereby granting a preference not alone to the Mother Land, but to all British subjects over the subjects of foreign countries.

My idea is this. The law in reference to the granting of homesteads in the Canadian West might be amended so that a grant of land may be made to British subjects on the basis of the family instead of, or rather, in addition to that of the individual as at present. For example, a British subject in the Old Land could make application to the immigration authorities in the Old Country and secure a grant of land in Canada on a basis of one quarter section for each

to reconstruction work there, while at the same time they could send out small quantities of money, periodically, to their representatives in Canada to be expended in improving their holdings. The other members of the family could come from time to time as circumstances warranted, and when a comfortable home had been established in Canada the family circle could be completed by the parents, with the younger members of the family, leaving friends in the Old Land to find friends and hospitality in the new. This would tend, on the one hand, to curb to some extent the inevitable rush of immigration from the Old Country to Canada on the conclusion of peace and, on the other hand, would provide means and profitable employment for those who do come here, and would mean that the money invested in future improvements here would be "real money" instead of borrowed money as in the past. In addition it would pre-empt for Canada that portion of British immigration which, in the rush of readjustment, might be driven off to the United States and elsewhere.

Inasmuch as the principle of the preferential tariff in favor of the Mother Land has never been assailed by any political party in Canada, I do not believe that a preference in favor of British subjects in reference to the disposal of our



The Fine Scenery of Canyon Lake Ont., on G.T.P. Route

member of the family, both male and female, over a certain age, say fifteen years, and on the following terms: one or more members of the family shall move on to the land and erect certain buildings, and cultivate a certain portion of each quarter section in much the same manner as is required by the present law in that behalf. All members of the family to be given ten years in which to take out patents for their land instead of the three years as the present law requires. Provided, however, that each member of the family, except in case of death, shall ultimately move on to the land and be in constant residence thereon for three years before the end of the ten years from the date of the grant. It might also be provided that certain portions only of each township, say one-third of the number of sections in each township, shall be homesteaded under this system. The remainder, less school lands, etc., to be homesteaded in the usual way. Thus distributing British subjects in a more or less methodical manner amongst the future population; thereby assuring distinctly British preponderance and corresponding influence in municipal and educational affairs.

Some of the effects of this system would be that a family in the Old Country when the soldier boys come home could send one or more of these, with possibly a sister, out to Canada to manage the family estate. The other members of the family could remain at home for a considerable time; thus lending assistance

crowns lands could reasonably be found fault with. In my opinion such a preferential land policy should have been inaugurated in this country several years ago, and if such had been done, we would not now have to contend with the serious question of all foreign settlements in relation to our educational and social affairs. This is something which our educational and social reformers should ponder. It would also, if put into effect, tend to greatly relieve the stress of circumstances which will be upon us directly the war is over and readjustment commences.

The homestead law, as it has been, and is at present, although recognized as being impartial, in point of fact holds out a preference to the foreigner as against the British born. The foreigner as a rule comes to this country in extreme poverty and satisfied to allow his wife, with the younger children, to hold down the homestead in an improvised shack for three years while he earns a living for himself and family by working on the railway or elsewhere. If some of the family are grown up, the boys likely go with their father, and the girls find work in hotels and restaurants or in similar employment. This does not, in the mind of the Galician or the Hun, form an untoward state of affairs, but it does to the Britisher to whom, if he is compelled to live on the homestead for six months each year for three years, it practically means, for a man with a family, permanent residence for that period, and if he is without means to (Continued on page 24)

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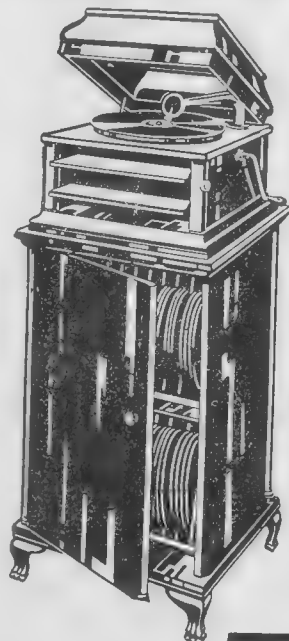
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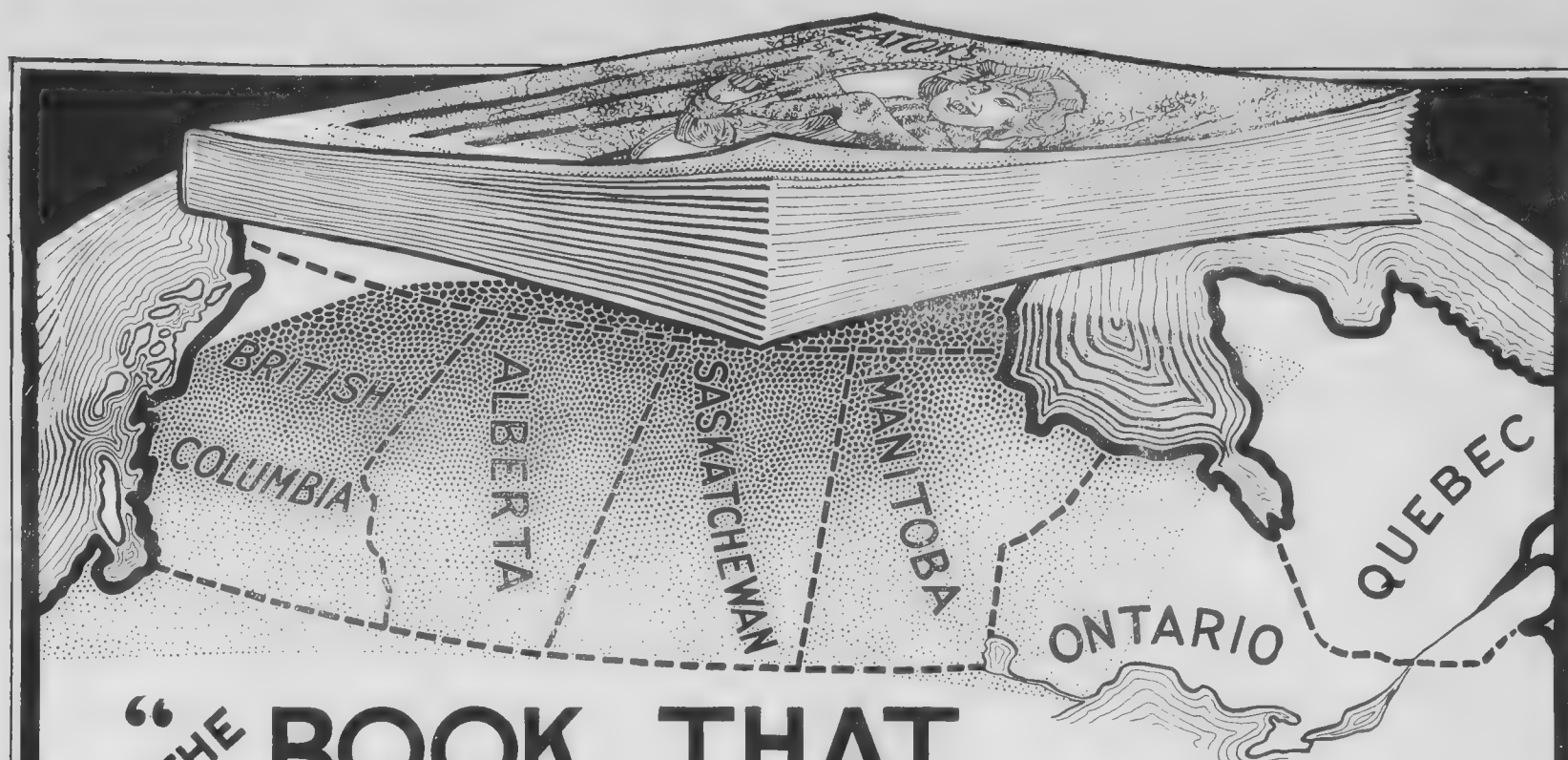
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This Fall particularly is our book especially worth while, for it is bigger than ever and filled from cover to cover with goods our buyers have spent the last year in searching out and putting into stock.

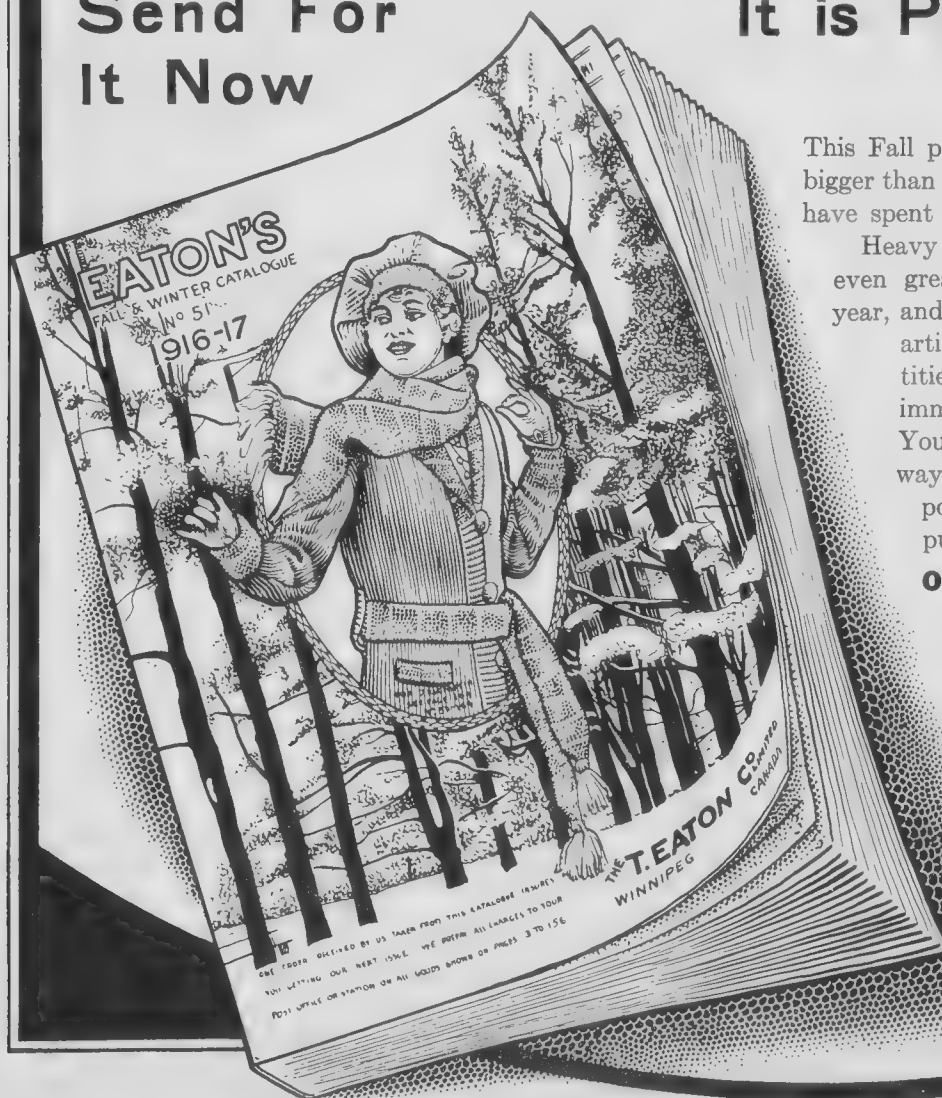
Heavy as was the demand last Fall, we have anticipated an even greater and more continuous call on our resources this year, and to this end have purchased and stored articles to wear, articles to use in the home and in the fields, in such quantities that other big warehouses, in addition to our own immense buildings, have been requisitioned to store them. You can see what such stock capacity means to you in the way of rapid service, in addition to the low pricings made possible through the discounts received by the cash purchase of so vast an amount of goods.

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When writing advertisers, please mention The Western Home Monthly

A Preferential Land Policy for Canada

(Continued from page 22)

purchase stock and implements withal to farm his land, he is losing his time during the three years, which to the Britisher, who, as a rule, has a certain amount of skill in some useful line of activity, is worth as much as the value of the farm at the end of the three years term.

The Britisher, too, who immigrates to Canada, and brings his family with him, has a desire to provide for them a decent passage and good food for the trip, and if he does this it will cost him a large sum of money, and if he be a man of only moderate means when he sets out, he finds himself in the financial position of a Galician when he gets settled. Hence the negligible proportion of agriculturists which have hitherto been induced to come to Canada from the British Isles under the present land policy.

It will be noted that I have included women as beneficiaries of the proposed policy. Now, since all the most highly civilized countries of the world are extending citizenship to women, there is no good reason why women should be excluded from anything Canada has to offer which would contribute to a higher type of Canadian citizenship. Besides, the terms of the proposed system would offer every facility for the cultivation and improvement by women of their holdings in a manner equally as efficient as men.

This idea was conceived in my mind, originally, without any reference to the present great world war or any of the problems which the war may thrust upon us. However, reviewing it in the light of present conditions, I see how it may be very advantageously turned to account in dealing with the returned soldier problem. I therefore commend it to the kindly and careful consideration of those who are worthily interesting themselves in the welfare of the defenders of our Empire.

The Younger Son

The younger son he's earned his bread in ways both hard and easy,
From Parramatta to the Pole, from Yukon to Zambesi;
For young blood is roving blood, and a far road's best,
And when you're tired of roving there'll be time enough to rest!

And it's "Hello" and "How d'ye do?"
"Who'd ha' thought of meeting you!
Thought you were in Turkestan or China or Peru!"—
It's a long trail in peace-time where the roving Britons stray,
But in war-time, in war-time, it's just across the way!

He's left the broncos to be bust by who in thunder chooses;
He's left the pots to wash themselves in Canada's caboose;
He's left the mine and logging camp, the peavy, pick and plough,
For young blood is fighting blood, and England needs him now.

And it's "Hello" and "How d'ye do?"
"How's the world been using you?"
What's the news of Calgary, Quebec and Cariboo?"
It's a long trail in peace-time where the roving Britons stray,
But in war-time, in war-time, it's just across the way!

He's travelled far by many a trail, he's rambled here and yonder,
No road too rough for him to tread, no land too wide to wander,
For young blood is roving blood, and the spring of life is best,
And when all the fighting's done, lad, there's time enough to rest.

And it's good-bye, tried and true, here's a long farewell to you
(Rolling stone from Mexico, Shanghai or Timbuctoo!)
Young blood is roving blood, but the last sleep is best,
When the fighting all is done, lad, and it's time to rest!

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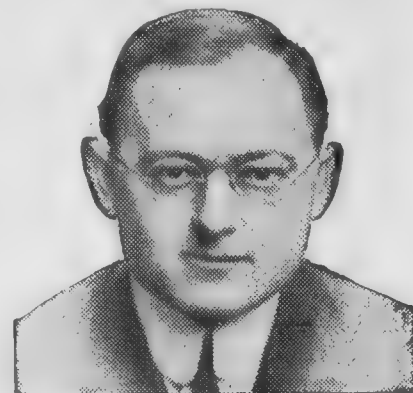
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When the Great Lakes are Tricky

By Aubrey Fullerton

THE Great Lakes that so effectively separate the West from the East are great in every mentionable respect, which therefore means in adventure-making capacity as well as in size, and in danger as well as in beauty. It would be strange if those inland seas had everything else to offer and had not the possibility of thrills. As a matter of fact, their records are spread with adventures and escapades, freely mixed with commercial advantages and wonderful tourist attractions.

You may take any one of the Great Lakes as you like it: you may estimate its money value, or revel in its scenery, or delight yourself with its opportunities for fun. But also you must reckon with its chances for giving you the excitement of your life.

There have been more adventures on the five-linked chain of fresh water lakes than can now be counted up. Only the oceans themselves have surpassed them in thrills and perils, and the sum total of their past record, if it could be known, would be surprising indeed. It is said, for instance, that more wrecks of one kind and another lie at the bottom of the Great Lakes than in any other similar body of water in the world. This does not indicate, however, that the Great Lakes are essentially dangerous waters; the six million people who live in the cities, towns, and hamlets along their international borders know better, for they know them as familiar

Even at the height of summer the Great Lakes play tricks in the way of weather conditions. On an early July trip a couple of years ago one of the big passenger boats very nearly came to grief just because of a more than usually heavy fog. A short way out from Fort William the fog settled down in a dense pall that no eye could penetrate, and the engines were slackened to slow speed. The passengers were having a good time in the music hall and dining saloon, and a few miles of fog didn't seem to matter very much. But the men up on the bridge suddenly saw looming out of the mist, close ahead of them, the huge bow of an ore freighter. It was so near to them that the officers on the freighter could be seen quite distinctly, and a collision seemed inevitable. On each boat, however, the men on the bridge threw themselves upon the wheel with such desperate vigor that they cleared a channel between them. The two vessels slipped past, with barely eight feet to spare, and the merrymakers down below knew nothing of it. Not always are Superior's fogs so fortunately managed.

The wreck of the steamer Monarch in the latter part of 1906 was a good sample of what it means to be cast ashore on Lake Superior. During a blinding night storm, which made objects a hundred feet away quite undiscernible, the captain found that his compass had frozen up. At the same time he dis-



Fleet of sailing vessels ("hookers") in harbor at Port Credit, Ont., during a storm

and friendly highways. But it does indicate that at times even the best of waters will be tricky.

Last year saw some very good illustrations of this trickiness, with its usual proportion of mischief. It was an extraordinary season on the Lakes, opening badly and closing with record-breaking activity in inter-lake navigation. The bulk freight handled during the year was something more than 89,000,000 net tons, an increase of twenty-two per cent over the preceding year. Eleven vessels were lost, with 831 lives, including the Eastland disaster in Chicago. But the wonder was that there were not more mishaps, with such a spell of weather as struck the Lakes in November.

One of the severest gales that was ever known on these waters swept over the western lakes in the second week of the month, and for nearly two weeks it tied up the traffic more or less seriously. Lake Superior naturally got the worst of it. At fifty miles an hour the wind cleared everything before it, and toward the last heavy snow storms also set in. Vessels went to shelter all along the coast, and at some places, such as Whitefish Point, large fleets of all kinds and sizes of craft were driven into port. Whitefish Point, by the way, is known as the "Graveyard of the Lakes," for more boats have been lost there than at any other place on the entire chain. It so happened last year, however, that despite the bad weather and the fact that a good number of vessels ran aground, there were comparatively few total losses. Old Superior, in particular, showed his ugliest mood, but it was more bark than bite, after all.

covered that he had lost his bearings. He rang for half-speed, and did the best he could with his eyes and hands to keep a safe course. In a half-hour's time, however, the vessel struck a rock which no one had seen until that moment, immediately listed, and began to fill. Within another half-hour the stern of the vessel was completely submerged, and only the bow stood high on the rock, which was a piece of Isle Royale.

There were forty-one persons on the Monarch at the time she struck. One by one these were put ashore on a rope cable with just enough clothing to keep them from freezing. On that part of the island coast there were no buildings, and the best that could be done in the way of shelter was a brush wind-break, which the men at once put up, a little back from the shore. A fire was lighted, and the available clothing distributed as well as possible; but all that night and all the next day there was nothing to eat. On the second day the storm abated sufficiently to allow the sailors to get out to the wrecked vessel again, where they secured some flour, and out of this the castaways made hard-tack and baked it in the ashes. They had nothing else all the time they were on the rock.

It was only through the stern vigilance of the captain, who still exerted his authority as commanding officer, that some of the men did not perish. They were many times on the point of falling into the fire from sheer fatigue, or lying down in the snow, and the captain found it necessary to threaten them with personal violence in order to keep them awake and active. One woman was in

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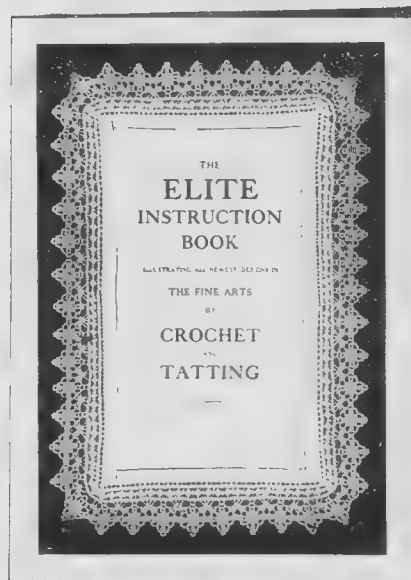
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the party, but fortunately no children.

After three days and three nights on Isle Royale, with only hard-tack to eat, and exposed to the sweeping blasts of a Lake Superior hurricane, the wrecked crew and passengers were taken off by a steam tug, and it is not to be wondered at that when safely aboard a boat again they nearly all collapsed, while some actually fainted. There have been few narrower escapes on the Lakes.

It was on Lake Superior too that George Mutart, a Michigan man, came very near to his last adventure. He left home one October in a small rowboat, with a party that was going hunting on the south shore of the lake. The rest of the party were in a motor launch, but Mutart stayed in his boat, which towed behind the launch. A heavy pall of smoke made the air almost as thick as fog, and the sea was running high as well. During the afternoon Mutart dozed off to sleep in the boat, and when he awakened an hour or so later he was adrift. His boat had broken loose from the launch, and because of the smoke and choppy sea, no one had noticed it.

All that night Mutart drifted about. He was entirely unaware of his whereabouts, and had no means of finding out, except that he was in a desolate part of the country beyond sight or sound of human life. From Monday night till Thursday noon he was adrift, without a bite to eat, and able only with great exertion to keep the boat from swamping. When finally he was rescued by a passing steamer he was almost dead and half demented.

It falls to the lot of the light-keepers along the Great Lakes to experience this same trickiness in a way somewhat

habited except by the lighthouse men. And their entire stock of provisions comprised a half-barrel of flour and a supply of fish. Nevertheless they determined to make the best of a bad situation.

Two days before Christmas, however, they were gladdened by seeing the tug approach their island again. By this time the sea had quieted down, and it was possible for them to launch their own boat, and thus to reach the steamer waiting for them off the shore.

When safely aboard, the light-keeper broke down and cried, and when a hardened and seasoned seafarer, ripe in years, does the like of that, it may be judged how serious a thing it is to be marooned on a lonely island, as they had been threatened. A few days later they reached home. It was the latest a steamer had ever made the trip along the north Superior shore, bound for the Soo, and the escape of the Caribou lighthouse men was one of the closest on record.

A Crest or a Tool

A certain family has as its crest a hammer, raised by a muscular arm. They have had the crest placed on all their possessions. It is etched into their table glass; it is emblazoned on the doors of their carriages and automobiles; it is stamped on their silverware and embossed on their notepaper.

The device was originally used because the founder of the family was a very clever carpenter who had three sons, all, like himself, clever carpenters. Together, they built many of the houses in a very important town, and in doing so laid the foundation of a very large fortune. Their



A Typical Island Home on the Lakes

peculiar to their calling. Beginning with the coming season, the lighthouse men are to remain at their posts through the winter, but hitherto they have left each year at the close of navigation. When the keeper of the light on Caribou Island, in Lake Superior, thus attempted to get away a few years ago, he met with what proved to be quite too much like a Robinson Crusoe adventure.

Navigation on the lake had closed in the early part of December, and the light-keeper and his assistant prepared to leave the island for the winter. They nailed up the windows of the lighthouse, put the lamps away, and made the premises as secure as possible against winter storms, and then waited to be taken off themselves. They were to be called for by a steam-tug from Sault Ste. Marie.

During the next week or two the weather suddenly grew more severe, and heavy winds sprang up. On the 17th the eagerly awaited steamer called at the island, but the sea was running so heavily that she could not land, and was forced to return to the Soo. A second attempt was made a few days later, but with no better success.

Every day's delay now meant that much less likelihood of a steamer's being able to leave the Soo, the winter ice having already begun to form along the shore, and when the two Crusoes saw the tug turn away the second time they concluded that no further attempt would be made. They themselves had nothing but a small boat, in which it would have been quite impossible to reach the main shore. The only thing left to them to do was to return to the lighthouse and prepare as best they could for a winter on the island.

It was a dreary prospect. Caribou Island is a desolate, rocky spot, unin-

work was beautiful and enduring. Much of it still stands. The third generation became extensive landholders, and today the family is independently rich.

But the hammer, as a tool, has quite passed out of use in the family; even the male members cannot use a hammer without considerable danger to their thumbs.

The story of the crest is not unlike the story of another crest that serves a much larger family. That larger family uses the cross as its crest. It sets the cross high upon its churches, and it uses the cross to decorate their interiors. Often its women wear crosses hung from their necks as ornaments. Throughout Christendom, wherever you go, you will see the cross used as a crest. So used, it does good. Even as a crest, the cross is always a rebuke to ease and self-seeking; but in the beginning the cross was not a crest. It was a tool. It was the tool with which Christ did His work. With the cross He bore the burdens of others. With the cross He suffered for the sins of the world. With the cross He builds His kingdom—a kingdom of sacrifice and love.

There are six different places in the recorded sayings of Christ where He says this, or substantially this:

"If any man would be my disciple, let him take up his cross and follow after me."

Miller's Worm Powders will drive worms from the system without injury to the child. The powders are so easy to take that the most delicate stomach can assimilate them and welcome them as speedy easers of pain, because they promptly kill the worms that cause the pain, and thus the suffering of the child is relieved. With so sterling a remedy at hand no child should suffer an hour from worms.

Young People

Boys and the Minor Morals

Manners have been called the minor morals. While it is true that manners may be entirely dissociated from morals—just as there may be the polished villain, though the latter is met oftener in the pages of romance than in real life—it is also true that the connection between manners and morality is close enough to warrant the definition given.

Assuming this, without going into lengthy reasons, it is well worth while for the American mother to pay attention to her son's manners. The earlier she begins, the better, because good manners then become a habit of life, and are not readily shaken off. There will come a time in the boy's existence when it will seem to him manly to be boorish and rough, when he will esteem observance of small courtesies as evidence of "sissiness" and therefore to be shunned like the plague; but to the one whose training has gone on from babyhood, this will be only a passing phase—after "finding himself," he speedily returns to his former politeness. But the boy who has had no previous training continues to be rough, and grows farther and farther removed from the gentleman, unless something unusual jostles him out of his course.

Naturally this kind of education is much more in evidence as years go on than in the "green fruit" stage. We are none of us strangers to many men, really worthy men, who exhibit in little, unexpected ways their lack of this motherly teaching. I remember in a boarding house knocking once at the door of a room occupied by a man and his wife. The wife answered my knock, and the opened door revealed the husband sitting there with his hat on. He grabbed it off the moment he saw me, but though he was an excellent Christian man, I never liked him so well afterward, and to this day the somewhat unjust impression remains. Why? Because he accorded to me—a passing acquaintance—greater courtesy than he did to his wife. Yet, thinking it over dispassionately, it is probable that in his boyhood home, father and the boys sat around indoors with their hats on.

Mothers, there is a good deal to be said on the hat question alone. Teach your son that a hat is never, never to be kept on the head in a private house, or in the presence of ladies; that in leaving a house, even his own home, it is not to be placed on the head until the instant of opening the door of egress, or better on the first step outside; that it is to be removed at once when a lady answers the bell, or that if health requires the head to be covered while standing in the coolness, pardon should be asked—the same rule holding good in an elevator where women are present—and that the hat must be courteously lifted when meeting a woman on the street or when any woman bows to the person with whom your son may be walking. Complicated? Not at all, because all may be reduced to the one simple principle of courtesy to women, which each mother should see is ingrained in her boy's mind.

Only a few days ago I heard a man criticised for a breach of etiquette to which thousands of men could plead guilty. He was taking tea in a large dining room where there were several tables. A very sweet-mannered elderly lady from another table was leaving the room, and she paused to speak with this man, who was much younger than herself. He remained seated while she stood addressing him, and was very sharply criticised later by an onlooker, who thought the man was a boor. Being familiar with his antecedents, I knew that it was lack of early home training. He was kindly intentioned, and simply did not know that this was contrary to etiquette. Mothers, it will be easy to teach your little fellows to rise when a lady enters the room, or addresses them, and to remain standing until she is seated or passes out. Such a lesson is good for boys, whose exuberant sense of independence is somewhat lacking in reverence.

A married man once told me this incident, at which he was greatly amused, though the "joke" was on himself. He was a most devoted husband, and his domestic life was quite ideal. He and his

wife had been calling somewhere, and her overshoes had been left in the hall. As they were about to leave, the man of the house insisted on bringing in the overshoes by the fire, and kneeling down, he put them on his guest's feet. The husband said to me, "I love my wife as well as any man does his, but I declare, it never would have occurred to me to put her rubbers on for her, though it was a most graceful thing to do." The act seemed like a revelation to him. I happened to know that the husband was an only son—with sisters—and I imagined that early life of his, where he was waited on by an adoring household. He was not wanting in essential chivalry, but the delicate shadings of the minor morals had been somewhat neglected.

Mothers can never tell how such observances, or their lack, may aid or re-

tard a young man's success in life. In this hurrying age no one notices? Don't believe that. Always some "chiel's amang ye takin' notes," and though he may not "print 'em," they are laid up unconsciously for future reference. And going back to the original affirmation, manners do have a reflex influence on a boy's moral character.—The Interior.

A Nice Game to Play

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The number of players is divided into two sides. From one side the first player may be farmer, from the other side the first player may be a crow.

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The crow is to hop on one foot over

these seeds to the end of the line, change to the other foot and hop back, picking up the seeds on his way. If he should fail to change feet, touch the ground when picking up a seed, drop a seed on his way—then he must become a scarecrow and stand apart from the rest.

These two players now go to foot of line, and the two at head of line play farmer and crow, the farmer this time coming from the opposite side, so that when game is finished each line has furnished an equal number of farmers and an equal number of crows.

While it is the farmer's duty to watch the crow carefully, all in the two lines must also watch, and if the farmer lets slip by unnoticed any one of the things the crow must do, then the farmer, too, must become a scarecrow.

The side that has the least number of scarecrows beats.

This may also be played inside if there is room.



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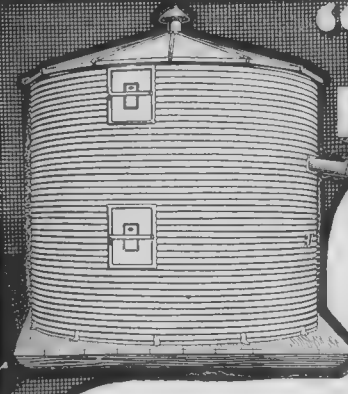
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Grain Letter

By C. H. Bartlett

Grain Exchange.

Winnipeg, August 21.—October wheat closed to-day at 155¼, the highest so far this season. Liverpool Cables came in 3 to 6 d. higher and it looks as if the trade there has at last begun to realize that crop conditions in this country are decidedly unfavorable and indications are for a less than average crop.

European authorities estimate that the world's harvest this year will be 25% less than last which would give a total of 3,341,000,000 bu. This is the smallest world's crop since 1908 when wheat sold at 1.34 under peace conditions. It would seem therefore that, although prices have advanced 40 cents in the last month and the damage may possibly be discounted to date, that a period of high prices for grain has set in which will continue with probably wide fluctuations during the coming season.

The export demand is very good and 5½ cents over the October is being paid to-day for One Northern. The indications are that there will be a good premium for cash wheat all fall and, while the present prices may seem very tempting to farmers and induce them to sell their crop ahead, we think that the chances are that they will do better by waiting until their grain is in store and taking advantage of any premiums going.

Threshing returns are very disappointing to date, the yields being light and much of the wheat low grade. Some reports from North Dakota show only 3 to 8 bushels per acre yield of very poor quality. Conditions in Southern Manitoba are similarly bad and reports from parts of Saskatchewan indicate that considerable damage has been done by black rust and a great deal of damage by hail.

Taking everything into consideration it would seem that if the West produces this year a crop of 175,000,000 bushels of wheat it will do well but even this with the high prices that are bound to prevail and taking into consideration the fact that there is still a good deal of last year's crop in the country will mean as much money in the aggregate to the farmers as if we had a large crop with low prices.

Sleeping Porches

Riding across the country the other day, our attention was attracted by a new farm house just being completed. What attracted us particularly was a sleeping porch on the east side, over what was evidently to be used as a dining porch. It was just such a sleeping porch as has now become so common in city residences. We have wondered why builders of farm homes have been so slow to add these sleeping porches. For five years past almost every city house of any size has its sleeping porch. They are screened in and give a comfortable night's rest during the hottest weather.

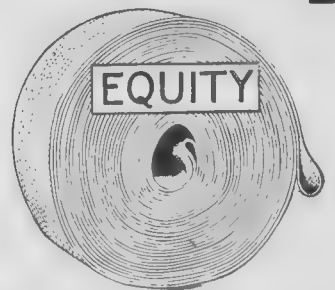
Of course the farmer has the advantage over city folks in that he can go out among the trees and sleep, if he feels like doing it. As a matter of fact, few of them do. It means being bothered with mosquitoes and other insects at night and flies in the morning, and it is a nuisance to go back and forth.

Some of the house tents which open on all sides and have mosquito netting set in the walls will answer the purpose very well on the farm, if a sleeping porch addition cannot be made to the old house. But no farm house should be built nowadays in which the sleeping porch is not considered just as necessary as the dining room or bedrooms.

The majority of the bad habits in dairy cows can be traced directly to handling, or to abuses in handling, that have been exercised in bringing up the calf or developed the heifer.

The growing importance of irrigation in the agricultural development of Canada is suggested by a new folder just issued by the Department of Natural Resources of the Canadian Pacific Railway. The folder deals with the irrigation enterprises in the neighborhood of Calgary. It is handsomely illustrated and complete with valuable information for the farmer and home-builder. A copy may be had free by writing the Publicity Branch, Department of Natural Resources, Calgary, Alberta.

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150	x 8	x 6	66.50

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About the Farm

Fall Seeding of Alfalfa

Where land is infested with more than the average amount of grass and weeds, the surest way of getting a start of alfalfa is to seed in the fall. This gives the alfalfa a chance to establish a good hold in the ground before the coming of grass the following spring, whereas, if sown in the spring, both grass and alfalfa make the start together, with more than an even chance that the grass will win out.

The one great point to remember when seeding in the fall is to seed early enough so the plant gets a good root system established before the coming of freezing weather. We like to finish our seeding by the 25th of this month, though we have known later seeding to do fully as well. The late seeding, however, must be favored by the winter while the early seeding can stand more winter grief and still survive.

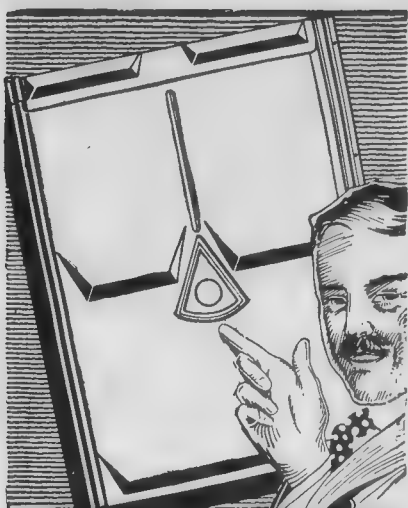
A favorite plan here is to use land that has grown a crop of small grain for the fall seeding of alfalfa. This means quick work with the plow as soon as possible after harvest, for the sooner the land is plowed and the longer it is allowed to settle before seeding the better the seed bed that can be secured. We like to get the land plowed by the middle of July, and disc it whenever there is any growth of young grass or weeds to be killed before the time of seeding. The disking has a tendency to pack the soil, which is exactly what it needs to convert it into ideal condition for alfalfa. We have a grain drill that will sow approximately twelve pounds of seed to the acre when closed tight. We use this for a seeder, covering the seed with the small covering wheels that follow behind the discs. One is more sure of getting an even stand of alfalfa by seeding with the drill, as all seed is evenly covered. This is more especially the case in time of dry weather, a few weeks of which we are apt to have at this season of the year. Also, during the winter and early spring the drilled alfalfa will not heave as badly as will that broadcasted and started nearer the surface.—H. H., Kan..

9,000 Million Gallons Annually

Milk has become one of our staple and most important food products. It is consumed in greater or lesser quantities in practically every home in the land. It has been estimated that the human consumption of milk in this country is approximately 9,000 million gallons annually—a rather startling total. Those engaged in dairying can rest assured that the demand will not decrease, but will increase per capita as well as in the aggregate, provided, of course, that carelessness does not enter into the production and marketing in such a way as to deteriorate the quality and general food value of the supply.

Nothing is easier to contaminate, and nothing depreciates in quality, with greater rapidity than does milk. The introduction of bad flavors, and germs causing souring, ropiness, etc., are the most common forms of contamination with which the producer of sanitary milk has to contend. There are so many ways in which carelessness can lower the market value of the farm output. Unhealthy cows, unsanitary stables and yards, bad water, failing under objectionable conditions, failure to cool and otherwise properly care for the milk directly it is drawn from the udder, and lack of proper protection against dust, odors, flies, and unclean utensils between the farm and the consumer's table, all conspire to reduce the food value, and consequently the market demand.

Cities and towns have become so alive to the need for clean and safe food supplies that they invariably require regular inspection of the farm premises and the herds contributing the supply, and the handling of this milk by the city dairies and distributors under strictly sanitary conditions. The mere fact that so many city consumers prefer and demand pasteurized and bottled milk in preference to that delivered in required quantities from bulk is evidence that the public want safe food supplies. Dairymen should always bear this in mind. There is no limit to which the dairy industry can be developed if this very important detail is emphasized sufficiently in the work of producing one of the most important of food products.—I. B. Henderson.

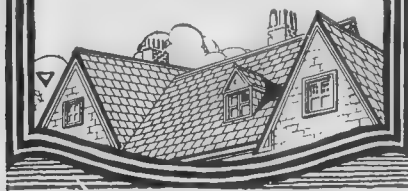


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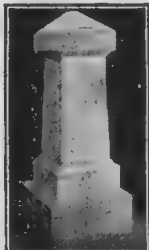
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if you wish. The land will support you and pay for itself. An immense area of the most fertile land in Western Canada for sale at low prices and easy terms, ranging from \$11 to \$30 for farm lands with ample rainfall—irrigated lands from \$35. Terms—One-twentieth down, balance within twenty years. In irrigation districts, loan for farm buildings, etc., up to \$2,000, also repayable in twenty years—interest only 6 per cent. Here is your opportunity to increase your farm holdings by getting adjoining land, or secure your friends as neighbors. For literature and particulars apply to ALLAN CAMERON, General Supt. of Lands, Desk 16, Dept. of Natural Resources, C.P.R., Calgary, Alberta.

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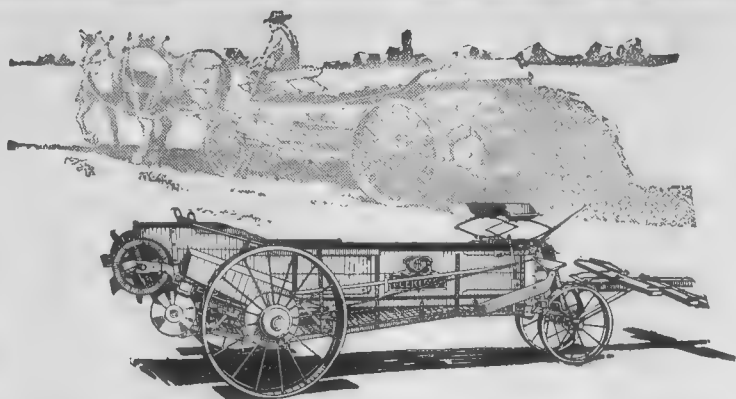


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Deering spreaders are built from careful designs based on rigorous field tests; strength in every part makes them last for years; they can be had with an attachment spreading 8 feet wide or more; they are easy loading, and narrow for easy handling in yard, stable and field.

Your Deering local agent will show you a Deering spreader. If you prefer, write us for our booklet "Why You Should Use a Manure Spreader," and when we send it we will tell you where you can see the machine. Don't buy until you have seen a Deering spreader.

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The Persistent Milker

Probably nothing is of more real importance to the dairyman than the cow that is a persistent milker. The moderate milker may seem to produce more for a time, but it is almost always true that our highest yearly records are made by cows that have the character of persistency developed to a remarkable extent. This is why persistency should be encouraged in the heifer during her first milking season. Breeding and feeding should tend toward the development of this characteristic without, of course, injuring the constitution of the animal.

It is probably best to delay the second breeding period a little in order to give the heifer every opportunity to do herself justice, both in the matter of bodily growth, and also in the acquisition of good milking habits. It is possible with good milkers to have them become so persistent in their milking that it is difficult to dry the cow for a few weeks previous to the next calving. Generally speaking this is a good fault. It is one of the most encouraging indications. It is not a difficulty that cannot be overcome without any great amount of trouble.

There is a right way to go about drying off a persistent milker. Starving should not be resorted to. It is better to either reduce the quantity of milk drawn, so as to leave a little in the udder when the milking is completed, or to reduce the number of milkings. By using either one or both of these methods the assistance of nature is secured to bring about the drying off. If this is followed out the constitution of the animal is uninjured as it would be by starving, and the future milking usefulness is retained. It is important to develop the maximum milk production by the methods of handling during the first year or two of lactation and retain the vigor of constitution which is necessary to support a cow in heavy, persistent milk flow.—I. B. Henderson.

Grazing Crops for Hogs

No farmer who is to raise his meat this year can afford to neglect grazing crops for the animals. Those who neglect to reserve land for these grazing crops and depend upon corn alone and pen feeding only will find pork production quite expensive.

The cheapest pork is always raised when there are abundance of grazing crops and when these are supplemented by grain or other concentrates suitable to the growth and development of the animals. Grazing crops permit the animals to do their own harvesting and this reduces cost. When such crops of corn, potatoes, artichokes, peanuts, chufas, peas, soy beans, etc., are harvested by hogs considerable labor is saved. The hogs then have access to the feeds and can eat all they will consume.

One brood sow if given a fair chance on the farm will produce two litters of pigs per year and if cared for properly the pigs will produce enough pork, bacon, hams, etc., for home use. That is an average family may be supported with meat by one sow if she and her pigs are cared for properly.

The animal husbandry division of Clemson College, South Carolina, has prepared a list of crops with directions for planting and the length of time before they may be grazed. These are for conditions in that state, but the directions are suggestive to farmers in other parts of the South.

Following is a table of summer and fall-growing hog crops. The crop is given first, the time to plant second, quantity of seed per acre third, and number of days from planting to grazing time fourth:

Alfalfa, February 25 to April 1, 15 to 25 pounds, 75 to 90 days.

Chufas, April 15 to June 1, one-half to one peck, 120 to 150 days.

Cowpeas, May 1 to July 10, one-half bushel (drilled), one and one-half bushels (broadcast), 75 to 90 days.

Soy beans, May 1 to June 30, one-half bushel (drilled), one and one-half bushels (broadcast), 80 to 120 days.

Japan clover (lespedeza), March 1 to March 15, 24 pounds, 60 to 75 days.

Oats, February 1 to March 20, one and one-half to three bushels, 75 to 90 days.

Peanuts, May 1 to July 1, one to two bushels (not hulled), 90 to 120 days.



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A safe, speedy and positive cure for

Curb, Splint, Sweeny, Capped Hock, Strained Tendons, Founder, Wind Puffs, and all lameness from Spavin, Ringbone and other bony tumors. Cures all skin diseases or Parasites, Thrush, Diphtheria. Removes all Bunches from Horses or Cattle.

As a HUMAN REMEDY for Rheumatism, Sprains, Sore Throat, etc., it is invaluable.

Every bottle of Caustic Balsam sold is warranted to give satisfaction. Price \$1.50 per bottle. Sold by druggists, or sent by express, charges paid, with full directions for its use. Send for descriptive circulars, testimonials, etc. Address:

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Young Women Wanted as Office Helpers.

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Rape, March 1 to March 31, four to six pounds (drilled), nine to ten pounds (broadcast), 60 to 75 days.

Sorghum, May 1 to July 1, one-half to one peck (drilled), 60 to 75 days.

Velvet bean, May 10 to June 20, one and one-half pecks (in drill), 100 to 130 days.

Corn and peas, May to June, corn, four quarts; peas one-half bushel (drill), 100 to 120 days.

What Farm Boys Dislike

By Harry Stevens

From a business standpoint, farming has come to be recognized as one of the chief factors in business life. Not many years ago farming was looked upon by a great many people as an occupation of drudgery, therefore, they would shun the farm and take up whatever employment they could find in city or elsewhere, in preference to the farm.

No doubt there are quite a number of our members who will remember the old method of farming years ago when grain was mown by hand, corn dropped by hand and covered with a hoe, when hay was cut with the scythe and handled entirely by the hand-rake and pitchfork; the grain was cut with the old-fashioned reaper or cradle and bound by hand. Those were the days when farming was looked upon as drudgery. But did those sturdy men and women falter with the thoughts of their struggles and hardships and working against odds and disadvantages? No. With the approach of day, those sturdy men and women went forward with a brave heart, toiling and striving, overcoming each obstacle before them.

As the years roll by we can see great changes on the farm, especially in the way of modern equipments. Many of the homes to-day are equipped with lighting plants, either electricity or gas plants, also heating plants; besides these, many farmers' wives have their vacuum cleaners and power washing machines. These all tend to reduce a portion of their labor.

The majority of farms to-day are equipped with all modern machinery for nearly every piece of work to be done. The buildings are better planned for the health and comfort of the stock in the way of cement floors, more light and ventilation; breeding better stock and taking greater pains in selecting and testing our seed corn and grain for crop purposes. We also have our state agricultural institutions, which are supported by the government for the purpose of educating the younger generation in the modern methods of farming.

Still we are confronted by one of the greatest problems regarding drudgery on the farm and every little while, especially in the busy season, you will hear some farmer say: "I can't get a hired man," or "My hired man has quit."

What is the reason for this?

It is on account of milking the cows.

A year ago I had my left hand injured very badly, which put me out of business for a long time, from milking especially.

This, of course, put the milking on the rest of the family who could and knew how.

One evening after supper as they were getting ready to milk my wife said: "My, I wish those cows were milked. I'm so tired." Then the boy chipped in by saying, "Pa, I wish you'd sell those (darn) cows." You may well imagine how I felt, crippled as I was, and the feeling they had towards milking, was anything but encouraging to me. Each time when we sold the milk and came into town, something in the grocery line or wearing apparel was needed, and this was generally paid for with the milk check.

I thought the matter over, and made up my mind I couldn't do without cows, so concluded that if such a thing as a milking machine made its appearance I would try one, which I did, and to my surprise it milks the cows quicker and better, the cows stand quieter, the milk is more sanitary for use than by hand as the pails are equipped with light covers, making the pail absolutely free from dirt or filth of any kind. Of course, the machine is practically a new thing in this section of the country, and some farmers are skeptical about it, its performance, and as to the condition of the cows later on.

So far I am well pleased with it, it being simple and can be operated by any

nine-year-old boy just as well as by a man of mature years. Since I had my machine I haven't heard one word of complaint of milking the cows.

If the milking machine proves a success, which I think it will, I consider it one of the greatest inventions of the present age.

It will rid the farm of the greatest drudge that has ever existed there, and one that has been the cause of driving more boys and hired men from the farm to the city, than anything else.

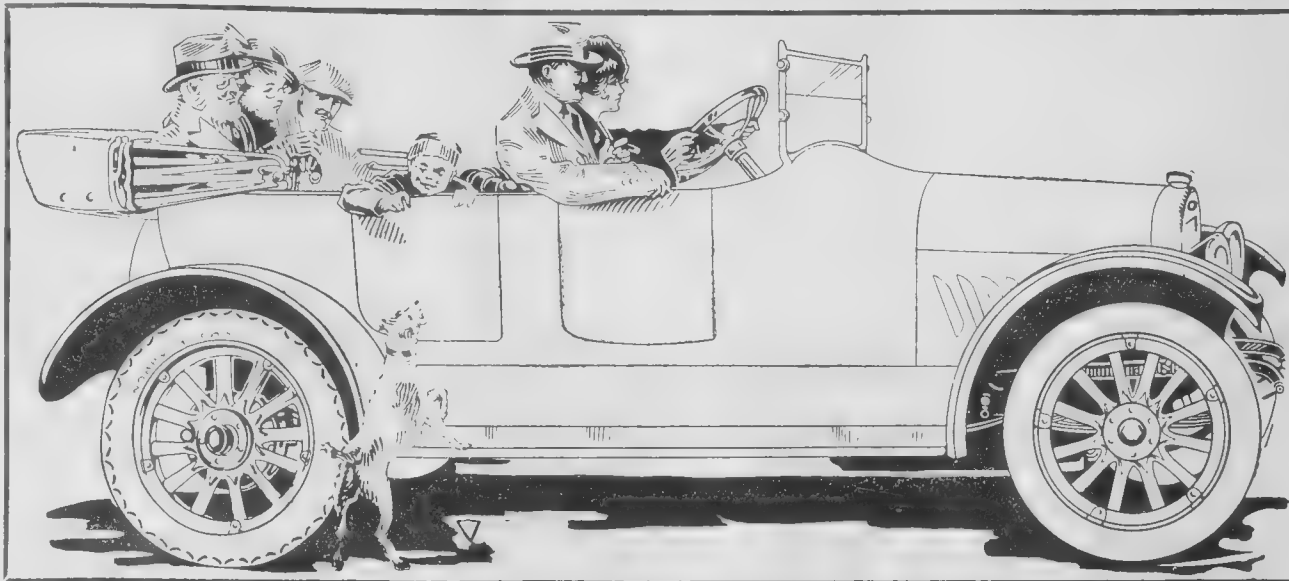
If the candle is placed in boiling water about one-third of an inch down for a few seconds, then put straight in the stick, it will be found to keep quite secure, no matter what size the candle-stick may be.

5% Absolute Security

The Empire Loan Company solicits investments of amounts from \$100 up for terms of one year to five for which it will issue debentures fully secured by deposit of first mortgages with a trustee. Interest, half yearly. Write Head Office, Winnipeg for particulars.

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1917 Announcement



WE have no startling announcement to make for 1917. We are proud to say that the 1916 Gray Dort has exceeded even our expectations. We expected great things of this wonderful car. We KNEW the Gray Dort was the real car—no matter what price. To-day hundreds of motorists are fellow enthusiasts with us in our admiration of this exceptional car. The Gray Dort has taken Canada by storm.

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Added Refinements

The same Tremendous Power and Strength—
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Even Greater Value

We couldn't improve on the wonderful Planche motor—that veritable giant of power in the Gray Dort. The sturdy, rugged heavy frame stood the severest tests. Mechanically the Gray Dort was, and is, correct. In the searching investigation we did not find a Gray Dort owner who was not enthusiastically satisfied—even amazed—with the performance of his car.

We have added some final refine-

ments to the car—made it bigger and it is now the roomiest car at anywhere near the price. A larger windshield—an ammeter—dashlight—robe rail and foot rail—in every way the sturdiest and most mechanically perfect car is now the most refined and comfortable car.

Read the specifications. Remember that in three days motor experts bought up the entire 1916 output of this car.

F. O. B. CHATHAM

MOTOR—Gray Dort, 4-cylinder, cast en bloc, L-head type, bore $3\frac{1}{4}$ in., stroke 5 in., horsepower 28. Carter carburetor. Thermo-syphon cooling. Pump and splash lubrication. Westinghouse two unit starting and lighting system. Connecticut battery ignition. 12 inch cone clutch. Three speed and reverse selective transmission, with double row new departure bearings. Universal joint. Gasoline tank under cowl. Heavy duty front axle. $\frac{3}{4}$ floating rear axle, with Hyatt high duty bearings. 10 inch internal expanding and external contracting brakes. Pressed steel frame. Springs—front 37 in. elliptic, rear 50 in. full cantilever. Left-hand drive. 16 in. irreversible worm and nut type steering wheel. Gear shift lever—centre control. Emergency brake, right pedal. Service brake, clutch pedal. Accelerator pedal. Spark and throttle control on steering wheel. Artillery type wood wheels. Detroit demountable rims. $30 \times 3\frac{1}{2}$ Dominion tires. Nobby tread rear. Westinghouse electric lighting. Linoleum covered running board. Lock ignition switch. Dashlight, ammeter, robe rail, foot rail, clear-vision windshield, one-man top, tools, equipment complete. Wheel Base—105 inches. Weight—2,100 pounds.

GRAY DORT MOTORS, Ltd.
Chatham, Ontario

Household Suggestions

An Egg Drink.—Beat three eggs thoroughly, add six tablespoonfuls of sugar, and one and one-half cupfuls of ice water. Whip into the mixture the juice of one orange and a small amount of the grated rind. Serve it in glasses topped with whipped cream.

Grape Cordial.—To one quart of rich, unsweetened grape juice add one-quarter of a cupful each of cold water and sugar syrup, and one-half of a teaspoonful of grated nutmeg. Just before you serve the drink fill the glasses two-thirds full of crushed ice, and pour the cordial over it.

Currant Shrub.—Heat two quarts of ripe currants, and strain the juice through cheesecloth. To every quart of juice add three-quarters of a pound of sugar, and stir the syrup until the sugar dissolves. Add the juice of one lemon, and enough cold water to dilute the syrup. When it is cold, pour it over cracked ice, and ornament each glass with a slice of lemon or a bunch of ripe currants.

Mint Sherbet.—Wash the mint thoroughly, then crush it and bruise it well, and add a pint of boiling water, let the infusion stand for twenty minutes, strain it carefully, add a cupful of sugar, and let the whole boil for ten minutes. When you take it from the fire, add the juice of three oranges and a cupful of pineapple syrup. Put the liquid into a freezer, and when it is partly frozen add the stiffly beaten whites of two eggs. Freeze it again to the consistency of mush. Serve it in sherbet glasses, with shredded cocoanut sprinkled lightly on the top.

Lemon Mint.—Wash the mint well, and pick off a large cupful of the leaves. Put them into a stone jar with one quart of chopped ice. Stir the mixture until the leaves are thoroughly bruised and the flavor is extracted. Strain off the water, and add the juice of two oranges and six lemons, and one pint of sugar. Put it on ice, and when it is thoroughly cold serve it in tall, thin glasses, with a sprig of fresh mint and a very thin slice of lemon in each cup.

Lemonade for a Week.—Boil together two quarts of water and four cupfuls of sugar for ten minutes. Remove the syrup from the fire, and add four and one-half cupfuls of lemon juice. Let the mixture cool, then seal it in glass jars and put it in a cool place. When you want to make lemonade, dilute a little of the syrup with ice water.

Lime Punch.—Put eight cubes of sugar in a bowl and pour over them the juice of two limes and two oranges. Add one and one-half cupfuls of cold water, and when the sugar is melted, chill the syrup with cracked ice. Just before serving it add a slice of pineapple and a few crystallized cherries. The recipe makes only a small amount of punch. For a large company it should be trebled.

Ginger Punch.—To one-third of a pound of preserved ginger add one quart of water and one cupful of sugar, and boil the mixture for fifteen minutes. Let it cool, then add one-half of a cupful of lemon juice and one cupful of orange juice. Strain the syrup through a jelly bag.

Dandelion Cordial.—To one full quart of dandelion blossoms add one large lemon, sliced, and two large oranges, also sliced, three pounds of white sugar, and four quarts of boiling water. Let the mixture stand for a few days, and then serve it with ice.

Milk Shake.—Flavor rich milk—or, if preferred, half milk and half cream—with vanilla, and add the well-beaten white of one egg and sugar to suit the taste. Put the milk into a screw-top jar or bottle, and shake it until it foams, but not hard or long enough to make it buttery. Pour it into glasses, and sprinkle grated nutmeg on top.

Tomato Soup.—Place over the fire one quart tomatoes with a pinch of soda; stew them soft, strain so that no seeds remain; set it over the fire again, and add one quart hot milk, season with salt, pepper and piece of butter the size of an egg; then add three tablespoons of finely rolled crackers and serve at once.

Fritters.—One cup sour cream, one cup sweet milk, five well beaten eggs, scant teaspoon soda, one-half teaspoon salt; use the best of flour, enough to make a smooth batter, as for pancakes;

Very Chic Indeed!

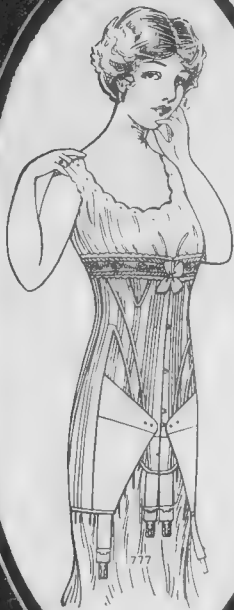
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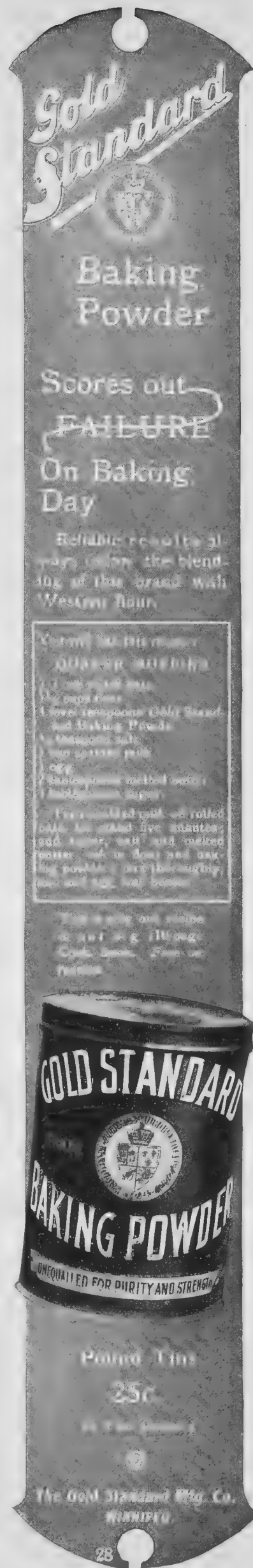
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dip by spoonfuls into sweet, hot lard and serve at once with maple sugar.

Potato Chips.—Pare and slice very thin and dry and then throw them into a pan containing hot lard or butter; sprinkle with salt and pepper; take out when both sides are a delicate brown.

Savory Cabbage.—One medium sized cabbage, one pint of moistened stale bread, one-half pound of sausage meat, one finely chopped onion, salt and pepper, grated nutmeg, one pint of stock. Blend together the softened bread, sausage meat

and all of the seasonings. Remove the outer leaves of the cabbage, cleanse thoroughly and cook in boiling water for ten minutes. Drain, spread the leaves apart and place the force meat between them. Press the leaves back as nearly into shape as possible and tie the cabbage firmly with tape or string so that it remains in compact form. Place in a deep baking dish with the broth. Cover closely and cook until tender, basting from time to time during the cooking. Serve very hot.

Fried Potato Balls.—Two cups of mashed potatoes, One small egg, two tablespoons of milk or cream, salt and pepper, one teaspoon of chopped parsley, stale bread-crumbs, frying fat. Mash the potatoes very smoothly. Add to them the seasonings, parsley and the egg. Beat until quite light. Form into small round balls no larger than an English walnut; toss in the stale bread-crumbs then fry golden brown in smoking hot fat.

New Potato Croquettes.—Pare, boil and mash six or seven medium sized

potatoes; add one tablespoonful of butter, two-thirds of a cupful of hot milk or cream, the beaten whites of two eggs and salt to taste. Cool slightly and shape in the form of eggs. Scald one cupful of milk or chicken stock, and stir into it one tablespoonful of butter mixed with one tablespoonful of flour. When cooked sufficiently, add two cupfuls of finely chopped chicken, one teaspoonful of salt, one-half teaspoonful of pepper, one teaspoonful of onion juice, one tablespoonful of lemon juice and two eggs



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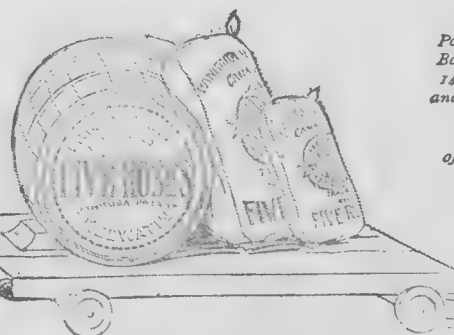
It gives many uses for stale bread and cake: French toast, bread puddings, bread crumbs, croquettes, pulled bread, bread dust. A splendid chapter on sandwich making.

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The Sunset Dish

Which Children Get Tonight

Perhaps a million children, this summer night, will sup on a dish like this. It is Puffed Wheat or Puffed Rice—the bubble-like grains—in a bowl of milk or cream.

The dish used to be bread and milk. Sometimes it was crackers. Now it is whole grains, because whole grains are better. And those airy, toasted, flaky grains are, made four times as porous as bread.

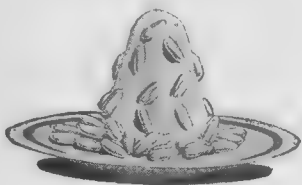
Not Merely Delightful

Puffed Grains are served because children enjoy them. They don't like to go back to homely grain foods when they once taste these nut-like tit-bits.

But there are other and greater reasons. Children need whole grains, rich in elements which white flour lacks. And those whole grains should be wholly digestible.

That is what Prof. A. P. Anderson has accomplished in these foods. Every food cell is steam exploded. Every atom of the whole grain feeds. That is true of no other form of grain food.

Please remember that. Your doctor will confirm it. If you want easy, complete digestion—if you want the whole grain made available—you should serve wheat and rice in puffed form.



At Noon

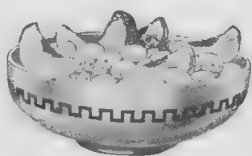
When you serve ice cream, try scattering Puffed Rice on it. The finest chefs do this now. The grains are fragile, crisp and flaky. The taste is like toasted nuts.

Use them also in candy making. See directions on the package. Puffed grains are both foods and confections. Between meals, children love to eat them dry—like peanuts.

Puffed Wheat	Except	12c
Puffed Rice	in	
	Far	15c
	West	

At Morn

In the morning serve with sugar and cream, or mixed with any fruit. Serve Puffed Grains each morning. Every pantry shelf in summer should contain these. As breakfast dainties, Puffed Grains hold supreme place. Nothing compares with them.



The Quaker Oats Company

Sole Makers

PETERBOROUGH, Ont.

(1380)

SASKATOON, Sask.

well beaten. Cool. Cut potato eggs in halves crosswise, remove a portion from the center of each half, and fill with the chicken mixture. Press together egg and crumb them and fry in deep fat. When serving, place upright on a dish and garnish with parsley.

Mixed Pickles.—To make "plain mixed pickles," cut a cauliflower into small clusters; peel pint of small onions; slice six green tomatoes; slice one large cucumber; wash a pint of tiny cucumbers and four small long red peppers. Put a layer of the vegetables, mixed, into a wide-mouthed crock, sprinkle thickly with salt, add more vegetables, more salt, and continue in this way until all the vegetables are used. Pour in enough cold water to cover all and put on a plate to keep the vegetables from floating. Stand for three days, drain off the brine, wash the pickles in cold water, cover with fresh water and set aside for twenty-four hours.

Then into a gallon of vinegar brought to scalding point, stir a teaspoonful of whole black (or white) peppers, a teaspoonful of whole cloves, two teaspoonfuls of turmeric, a teaspoonful of celery seed, one of whole mace, and one of grated horseradish, a cup and a half of brown sugar and three tablespoonfuls of ground mustard. Keep at scalding point, drop in the pickles, rejecting those that have become soft. Simmer for five minutes, take out the pickles with a perforated spoon, lay in a clean crock and pour the scalding vinegar over them. Leave them for forty-eight hours; drain off the vinegar, scald it again with a tablespoonful of curry powder, pour over the pickles in the crock and stand until cold, then put into glass jars and seal. In making mixed pickles, you may vary the recipe and ingredients to suit yourself. Green string beans, nasturtium pod, and many other fresh vegetable products may be added to the pickle to suit preference. The spices also may be varied to simplify the recipe according to convenience or taste.

Mustard Pickles.—Take an equal quantity of small cucumbers, green tomatoes, sliced, cauliflower picked up small, and small button onions. Mix together and cover with strongly salted water, using a pint of coarse salt to six quarts of boiling water, boiled, skimmed and cooled before using. After 24 hours drain and again scald and skim the brine, dissolving in it while hot a piece of alum the size of a nutmeg. When cool pour over the pickles and let them stand for 24 hours again. Then drain and cover with fresh water while preparing enough vinegar to cover. To one quart of vinegar measure one cupful of brown sugar, one half cupful of flour and one-fourth pound of ground mustard. Scald the sugar and vinegar, mix the flour and mustard with a little cold vinegar, then stir the scalding vinegar gradually into it. Beat smooth, then pour over the pickles. Put small pieces of horseradish in the top of the jar as a preventive against moulding. Seal the jars or cork and dip bottles in hot wax, or cover the top with melted paraffine before fastening on the cover.

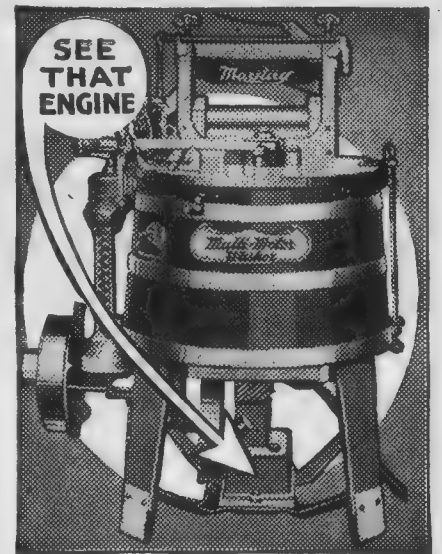
Popcorn Balls.—Make half the rule for molasses candy. Pop a pan of corn and pour in a little candy; take up all that sticks together and roll into a ball; then pour in more, and so on.

Mocha Cakes.—Beat the yolks of four eggs, and add two scant cupfuls of granulated sugar, gradually, continuing beating; add three-fourths of a cupful of cold water and flavor with a teaspoonful of pure vanilla extract. Sift together several times two cupfuls of flour and one-quarter teaspoonful of salt and four teaspoonfuls of baking powder, and add to the mixture. Fold the stiffly beaten whites of the four eggs into the batter, and add a teaspoonful of vinegar. Bake the cakes in gem pans with sloping sides; cool, and invert the cakes. Split each through the middle and put together again with frosting. Spread the sides with the frosting and roll in chopped nuts. Ornament the tops with rosettes made by pressing the frosting through a pastry tube.

Before putting away heavy winter curtains or hangings of any kind, clean them by rubbing them thoroughly all over with bran made hot in the oven, and applied with a clean cloth. It is a splendid way of dry cleaning, and most economical.

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This washer takes up no more room than an ordinary wash tub and can be used in the kitchen, laundry, dining room, on the porch or out in the yard. It requires no belts, chains or pulleys, no electricity or water power, and no waiting for the men to bring their engine from the barn.

Besides running the washer and wringer, the machine is equipped with pulleys so you can operate other small machinery such as churn, sewing machine, food chopper or anything else that does not require more than one-half horse power.

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is what he needs from that time onward until he can take solid food.

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Woman and the Home

The Lesson

I did not know the sky could be
So very soft, so very blue;
I did not know the land and sea
Could spread so fair before my view,
Until I learned, one cloudless day,
To banish hatred from my heart,
To put my foolish doubts away
And bid my envy to depart.

I did not know how richly I
With priceless gifts had been endowed;
With health and strength, I knew not why
I might be glad and brave and proud,
Until I learned to cease to grieve
Because some other won success,
But strove the harder to achieve
The fair rewards of worthiness.
—S. E. Kiser.

Washing in Starch

Have you not often noticed when you wash your light dress of lawn, organdy or dimity that the color changes somewhat, even though it may not fade, or wash out, or run? The alteration can easily be detected on comparing the washed dress with the left-over pieces in your mending bag. Sometimes alteration in color is so great that the ribbons that you used for trimming or for accessories, and that perfectly matched the dress when it was new, are entirely out of key with it after it has been washed.

The change in color is due to the action of the alkali in the soap on the materials used for dyeing the goods. No matter how fine the soap you use, the color will be more or less affected. In this difficulty, as in all other household difficulties, there is a way out. Wash your delicate colored things in starch.

As a first step in the process, make a very stiff starch, using one-half cupful of starch to two quarts of boiling water. Add four quarts of cold water and strain. The mixture will now be lukewarm.

Wash your delicate garments in this just as you would in soap-suds, kneading them well in the mixture, and even, if necessary, rubbing the more soiled parts gently.

For the second step make a starch of medium stiffness, using a quarter of a cupful of starch to two quarts of boiling water, and add four quarts cold water as before. Subject the garment to a second washing in this mixture. This second step may be omitted if the garments are but slightly soiled.

As a third step, rinse the garments thoroughly in an abundance of cold water, changing the water two or three times, and swishing the things about as if it were necessary to get every particle of the starch out. Do not be afraid; the starch will not all come out; and after drying in the shade and ironing, the dresses will be delicately crisp, the color will be uninjured, and they will have exactly the finish of new goods. No other method of washing—even where there is no necessity for preserving the color—will give so perfect a finish, after ironing, as will this method of washing in starch.

Very much soiled garments require twice the quantity of starch in the first step of the process, but thin lawns and organdies are seldom sufficiently soiled to require so much as that.

Heavier shirt-waists and colored cottons—especially pinks, violets or greens, which are likely to change tint in the washing, must never be soaked, boiled, rubbed with soap, or touched by washing fluids. These garments can be successfully washed in starch if you care to take so much trouble.

There are simple fixatives by which many delicate shades may be made permanent. For all shades of mauve, heliotrope or violet, immerse your shirt-waist in a mixture of turpentine and water, in the proportion of one to three. Let it stand an hour or two, then wring, allow it to become perfectly dry, and wash as usual. For green, use two ounces of alum in a gallon of water, and proceed in the same way. For pink, use two tablespoonfuls of vinegar to a quart of water. These fixatives can be applied before you make up your goods, or after the garments have been made and worn. They will not insure against changes caused by sunlight, but they will against those due to soap.

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J. B. REYNOLDS, M.A.
President

The Boy From School

A boy, coming home from a boarding-school to his parents, who lived in a village, was anxious to show off his learning. Sitting down to the dinner-table, on which lay two roasted pigeons, he said that he could prove in a moment that there were three pigeons on the dish.

"Dear me!" exclaimed his father. "However can you do that?"

"Well," said the boy, taking one pigeon, "this is one, and this," taking the other, "is two, and one and two make three, so that, you see, clearly there are three pigeons on the table."

"Why, so there are!" said his father. "I will give this one to your mother, and this one I will take for myself, and you can have the third." And, suiting the action to the word, he placed the two pigeons before his wife and himself and left his clever son with nothing at all.

An Education From a Nickel

A young girl who lived in Mississippi asked her brother to give her the money to go to college. He told her he could not afford it, and tossing her a nickel, added, "Unless you can go on that."

The plucky girl took the five-cent piece and bought some calico, from which she made a bonnet that she sold for twenty-five cents. With this money she bought more calico, and made more bonnets. After she had made several dollars in this way, she determined to raise potatoes. She did all the work in the field except the plowing. The venture was a success, and she had enough money to start at school. She did not stop work, however, and it is not surprising that a girl of such determination was able to borrow enough money to supplement what she made.

She was graduated with honor from the state college for women, attended a medical school, still earning all her expenses, got her degree, and is now a successful practising physician in a large town in the South; and it all began with only a single nickel.

Small Fruits and Large

Time was when there were large fruits and small fruits; when apples and melons and plums and strawberries knew their places and kept them. But that is so no longer.

No one is surprised nowadays to meet a strawberry which must be taken in two or three bites; apples which are as much larger than the fruit of the old farm as those were larger than crab-apples are no longer unusual. But the tale of wonders daily mounts. The extraordinary size of the vegetable creations which grow on irrigated land, bathed in ceaseless sunshine, and augmented by all the skill of the scientific horticulturist, is a constant marvel.

Those who can still remember the modest field strawberry, as tiny as it was delicious, will rub their eyes when they see the latest Western triumph, which runs seven to the quart. A new cherry too, has come out of the Columbia Valley. It is four inches round the middle, and bears the pleasant and pyrotechnic name of the "Bing" cherry. A dozen of these fellows will make a fair pie.

Such monsters are interesting as proof of what man can do to improve upon nature when he sets his mind to it, but the only people who are better off because of them are the growers. They have less work to pick a quart or a bushel than they used to have, and the new fruit is so beautiful to look at that the ultimate consumer parts willingly with the increased price which is demanded.

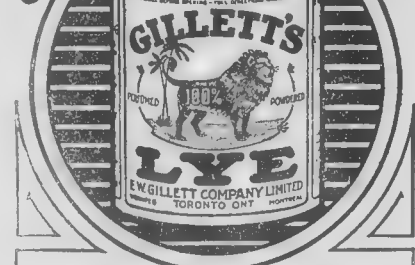
But let such as cannot pay that price be of good cheer. The old-fashioned fruit is usually quite as good as the more showy varieties. Flavor is not so easily improved as size and appearance. It is still true that the sweetest things are frequently done up in the small packages.

Oiled Dusters

Take a piece of soft material and soak it in paraffin. Wring it out, and hang it in the air to dry. It is then ready for use.

There will be no unpleasant odour, and you will find that it gathers up the dirt most effectively, and gives a brilliant polish to mirrors and gas globes if you rub them afterwards with a soft cloth.

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Sunday Reading

Gounod's Conversion to Music

A few days before Gounod's death he told a Paris reporter how his family became convinced of his musical genius. He was twelve years old and was getting a general education at a preparatory school. His mother consented to take him to hear Mozart's "Don Juan." Gounod sat with eyes and mouth wide open and did not utter a word until the overture was half over. Then, as the musicians struck a few mighty notes, the little fellow screamed, trembled, threw himself into his mother's arms and sobbed, "Oh, mamma, mamma! That, that is music!" He became so excited that his mother dared not keep him in the place. She led him out before the beginning of the first act, convinced that she must cease opposing his desire to make music his profession.

"I remember it as if it were yesterday," said Gounod a few weeks before his death. "It was as if God had descended from heaven and had spoken to us little men. My remembrance of that evening is to me still a blinding magical light. Mozart has remained for me the master of harmony above all other masters. He is much more than the first among them; he is the only one."

Thus was music in his soul born with him. It needed but the hearing of the masterpieces of harmony to kindle into a flame all the emotion of his soul and reveal his musical love. So also being born of God, having "the love of Christ shed abroad in our hearts," there will always be a kindling of the emotions and a gladdening of the heart, as our souls naturally respond to the things of God that we see and hear. Jesus will always be "much more than the first of masters. He will be the only One," and it will be easily known that we have been with Jesus.

Has that revelation come to you?

Have you heard the music of the Lord's voice?

An Indian Chief's Kindness

The North American Indians are people whom the missionaries have found it hard to influence. And no wonder; for the white men have driven them back and back like sheep, in order to make room for their great cities. The following story, however, comes from Dr. Chivers, a field missionary who has been much among the Indians, who in turn have adopted him and made an Indian chief of him.

White Arm, he says, is the finest type of the Indian. A newly-arrived missionary was laying the foundations of his house when he happened to remark, "I wish I had my wife and babies here."

"Why don't you have them?" asked White Arm, who overheard him.

"Oh, I have no place to put them," replied the missionary. "When my house is built I will get them."

"Take my house."

"But I can't turn you out of your house."

White Arm went off and put up a tent a little way from his house, into which he moved all his belongings. Then he left the door of his house wide open, and began to busy himself in his new abode. The missionary could not but accept the Indian's kindness.

Later, when the missionary was established in his new home, his little girl was taken ill. White Arm called every hour to inquire after the little one, and stayed near all the time, in case his help should be wanted. When the child died, he asked leave to erect a little white stone at her grave, and suggested the inscription. Previously, White Arm had given some of his land for a Christian school, and at a conference he said:

"Would you like to know why I gave my land for your school?" Pointing to where twenty or thirty children were sitting on the grass or in their mothers' laps, he said, simply, "I did it for them. As for the missionary, we all need him to lead us to the one true God."

True in Both Cases

The little son of a most upright and respected head of a college for pastoral training one night prayed at his astonished mother's knee that "papa might not come home drunk that evening." As the gentleman in question was most exemplary in his habits, he must have had, on hearing of the petition in his behalf somewhat the same sensations as those experienced by the captain in a recent work of fiction.

The captain, on one voyage, had a first mate who was addicted to drink. While in port in China this officer got sadly intoxicated, and was not able to make up the day's log. The captain did it for him. Never touching liquor himself, and being greatly disturbed over the affair, he added to the record the sentence, "Mate drunk all day."

When the officer recovered sufficiently to resume his duties with the log he was appalled.

"Cap'n," he exclaimed, "why did you put down that I was drunk all day?"

"It was true, wasn't it?"

"Yes, but what will the owners say? It will hurt me with them. Why need you have done it?"

But all the captain would respond was, "It was true, wasn't it?"

The next day, when the captain examined the log, down after the entries of observation, wind, course, tides, and so

forth, he saw, "Captain sober all day."

In high dudgeon he rushed to the deck.

"What do you mean, you rascal," he shouted to the first mate, "by writing in the log that I was sober all day?"

"It was true, wasn't it?" replied the mate.

"True? Of course it was true! You know I never touch liquor. Of course it was true!"

And then the joke dawned upon the captain, and he had the good sense to laugh.

Speak to Me, Father

By Charles Poole Cleaves

Speak to me, Father, when the day is breaking.

When the hushed mountains and the fragrant sod,
And the cool wind, alert with early waking,
Are conscious of thy thought and presence, God!

Speak to me, Father, when the day enthalls me.

Oh, joy of duty, and oh, balm of prayer!
Toiling, I hear the gentle voice that calls me:

"Come, ye who labor, rest your soul from care."

Speak to me, Father, when the night is calling;

When the light lingers over land and sea.
What knows the day of joy or ill befalling
That is not hallowed by this hour with Thee!

Unable To Sleep Or Do Any Work.

SUFFERED FROM HER NERVES.

Mrs. Thomas Harris, 8 Corrigan St., Kingston, Ont., writes: "I had been a constant sufferer, for many years, with my nerves, and was unable to sleep at night, or do any work through the day. I at last decided to consult a doctor and find out what was really the trouble. The first one told me I would have to go under an operation before I would be well, but I would not consent to this. One day I took a fit of crying, and it seemed that if anyone spoke to me I would have to order them out of the house. I must have been crying two hours when my insurance agent came in. He advised me to try a box of Milburn's Heart and Nerve Pills, and I at once sent to the drug store and got two boxes, and before I had them taken I felt like a different person. I have told others about them, and they have told me they would not be without them. I am very thankful I started to take Milburn's Heart and Nerve Pills."

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MANY farmers greatly prefer to make cash purchases at this time of the year. That's why this sale is such a timely one. By pleasing yourself you are also afforded an opportunity of making each dollar do more than its regular share. Our well established reputation is an additional incentive in that we guarantee every instrument we sell, whether it be our own manufacture or one of the many other good lines we handle.

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Even at this special reduced price we will pay freight to your nearest station, and guarantee arrival in good condition of your instrument. A beautiful bench free.

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Goes out with every new piano we sell. This assures you that should any breakage occur during that time through any flaw in the making of the piano, it will be repaired free of any charge.

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PERFECTION
SMOKELESS OIL HEATERS

In the Fall, when chill winds blow, the furnace fire's annoyances and expense are postponed four to six weeks by the Perfection Oil Heater. It will take the chill off any room in a few minutes, may be easily carried to the bathroom, bedroom and living room. You will use it oftentimes throughout the winter.

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Fashions and Patterns

An attractive expression of good style. Waist—1807. Skirt—1815. This model comprises Ladies' Waist Pattern 1807 and Ladies' Skirt Pattern 1815. In striped gingham or wool suiting one may develop an ideal morning or business frock. The sleeve may be finished in wrist or elbow length. The waist is finished with a broad notched collar at low neck outline. The skirt front overlaps the back at the sides, where it is finished with plaited fulness. The Waist Pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The Skirt in 6 sizes: 22, 24, 26, 28, 30 and 32 inches waist measure. For the entire dress $6\frac{1}{2}$ yards of 36-inch material will be required for a medium size. The skirt measures a little over 3 yards at the foot. This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10 cents for each pattern in silver or stamps.

A Smart Dressing Sack. 1789 Ladies' Negligee or Dressing Sack. Figured

material for an 18-year size. The skirt measures about 3 yards at its lower edge. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Practical and Easily Developed Outfit. 1795—This combination includes a simple one-piece dress, a comfortable underskirt or petticoat, and one-piece drawers. The dress is good for all wash fabrics, and also for serge and other woolens. In checked blue gingham with bands of white linene or dotted percale with braid trimming, it will make a very serviceable play dress. The underskirt is composed of a long-waisted body to which a straight skirt is gathered. The drawers are simple, with side seams only, thus insuring ease and comfort in wearing. The pattern includes all three garments. It is cut in 5 sizes: 2, 3, 4, 5 and 6 years. It requires $1\frac{1}{2}$ yard for the drawers, $1\frac{1}{2}$ yards for the underskirt, and $2\frac{1}{2}$ yards for the dress, of 36-inch material, for a 4-year size. A pattern of this

on receipt of 10 cents in silver or stamps. 1787—Girl's Dress, With Two Styles of Sleeves. Figured challie was used for this style. It is also nice for crepe, embroidered or plain batiste, organdie and lawn. The bertha may be omitted. The waist may be finished in high or low neck outline. The sleeve has a deep cuff, in wrist length finish, and in puff style it has a wide heading that forms a ruffle. The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. It requires $3\frac{1}{2}$ yards of 44-inch material for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

1522—A Simple but Attractive Style for Home or Business Wear. Ladies' House or Home Dress, with Sleeves in either of Two Lengths. As here shown striped gingham, in blue and white, was used, with white linene for trimming. The waist and skirt are cut on simple lines, with front closing; deep pockets trim the skirt, and a broad collar finishes the waist. The sleeve is dart fitted in wrist length, and is finished with a neat

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

1806—A Simple, Natty Suit for Mother's Boy. Serge, cheviot, velvet, velveteen, galatea, linen, corduroy, linene and gingham are lovely for this style. The blouse or coat is cut on simple lines. The trousers are mannish with their straight edge. The pattern is cut in 4 sizes: 3, 4, 5 and 6 years. It requires $2\frac{1}{2}$ yards of 44-inch material for a 4-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

1804—A Seasonable and Becoming Model. This attractive top garment is nice for serge, velvet, corduroy and other pile fabrics, also for silk, mixed suiting, broadcloth and cheviot. The fronts are finished with a yoke in deep points, to which the body portions are joined. The sleeve is new and smart. The collar is rolled and shaped over the back. The pattern is cut in 4 sizes: 2, 4, 6 and 8 years. It requires $3\frac{1}{2}$ yards of 36-inch material for a 6-year size. A pattern



lawn or crepe, tub silk, washable satin, batiste, organdie, challie or similar materials are nice for this style. The right front is shaped and lapped over the left. The sleeve is lengthened by a flare bell-shaped section. The Pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires $3\frac{3}{4}$ yards of 44-inch material for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Dress for Misses and Small Women. 1808—This youthful and attractive style will lend itself nicely to any of the materials now in vogue. The waist has shaped front sections, the tab ends of which are crossed over a vest. A new style, broad collar trims the neck edge. The sleeve is finished with a tab extension that overlaps the deep cuff. The skirt is gathered under a shaped belt. Velvet, taffeta, broadcloth, velour and gabardine are nice for this model. The pattern is cut in 3 sizes: 16, 18 and 20 years. It requires $6\frac{1}{4}$ yards of 36-inch

illustration mailed to any address on receipt of 10 cents in silver or stamps.

Ladies' House Dress. 1791—This model makes an ideal work or porch dress. It may be finished with long or short sleeve. The band trimming may be omitted. Percale, lawn, batiste, gingham, seersucker, chambray, challie and crepe could be used for this model. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires $5\frac{1}{2}$ yards of 44-inch material for a 36-inch size. The skirt measures about 3 yards at its lower edge. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Simple, Practical Model. 1805—Ladies' Apron. Percale, drill, linene, lawn and alpaca would be nice for this. The apron is easy to develop and very comfortable. It may be finished in round or square neck outline. The pattern is cut in 3 sizes: Small, Medium and Large. It requires $3\frac{1}{4}$ yards of 36-inch material for a medium size. A pattern of this illustration mailed to any address

cuff. In short length a turn back cuff forms a suitable trimming. This style is good for all wash fabrics, also for taffeta, poplin, serge, corduroy, voile and velvet. In blue serge with facings of blue or black satin, it would make a splendid business dress. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires $6\frac{1}{4}$ yards of 44-inch material for a 36-inch size. The skirt measures about 3 yards at its lower edge. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

A Practical, Easily Made Garment. 1799—Ladies' Apron. A practical feature of this model is the adjustment—just a button and button hole on the shoulder where the straps are fastened. The apron is comfortable and pleasing and is furnished with ample pockets. Percale, lawn, linen, drill, sateen and alpaca may be used for this style. The pattern is cut in 3 sizes: Small, Medium and Large. It will require $4\frac{1}{2}$ yards of 36-inch material for a Medium size.

of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

1796—Ladies' Dress. This portrays a smart and attractive frock that may do duty for many occasions. It is nice in the new striped silks and serges and also good in linen, percale, chambray, corduroy, pique, batiste and crepe. The flare or revers collar may be omitted. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 7 yards of 44-inch material for a 36-inch size. The skirt measures about $3\frac{1}{2}$ yards at the foot. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

1813—A Quaint and Attractive Frock. This model is nice for serge, taffeta, velvet, poplin, faille, gabardine and velour. The gathered skirt is joined to an underbody that is overlaid to form a vest over the fronts. The outer waist is gathered and finished with a ripple peplum. The rolled collar forms revers over the fronts. The sleeve is in wrist length, and has the fulness gathered over the back of





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the arm under a tab. The dress is finished at raised waistline. The pattern is cut in 3 sizes: 16, 18 and 20 years. It requires 7½ yards of 36-inch material for an 18-year size. The skirt measures about 3 yards at its lower edge. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

1786—A Neat and Simple Style. Gaiters, gingham, chambray, lawn, percale, drill, linene, corduroy, pique and linen, serge and silk are desirable materials for this style. The waist fronts are gathered under a square yoke. A wide box plait finishes the centre front, and under this the closing is effected. The sleeve may be in wrist or elbow length. The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. It requires 3½ yards of 44-inch material for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Removal of Stains

Fingermarks and stains on porcelain, wood and windowpanes can be easily removed with coal oil and a soft rag.

To remove a fresh mildew stain wet in strong suds, cover with a paste of salt and soap, and put in the rain.

Remove grease stains on silk by rubbing gently with a piece of flannel saturated with benzine.

Very bad grease spots can be removed by soaking them in benzine and then placing them between double layers of blotting-paper and pressing with a medium hot iron.

To remove iron rust, dampen cloth, rub on cream of tartar, rub well, and let stand an hour, then wash.

Yellow spots on clothing are often due to acid; try immersing them in a weak solution of ammonia and warm water.

To remove stains and discolorations from tinware, try rubbing with a damp cloth, dipped in soda.

Ink stains may be removed from wood by washing the spot with a solution of oxalic acid. The deeper the stain the stronger the solution should be.

To remove paint from linens rub with turpentine then clean with French chalk dampened with alcohol.

When cleaning stained knives take a piece of new potato, dip it into brick dust and scour the knives; in this way the most obstinate stains will be removed.

Finger-mark stains on doors and cupboards vanish as though by enchantment when lightly rubbed with a piece of flannel dipped in kerosene oil. In order to take away the disagreeable odor of the oil, rub the door down with a clean flannel wrung out in hot water.

Refreshing Summer Drinks

A cool refreshing drink makes the hottest summer day seem, if not cool, at least less warm; and there are many kinds of summer drinks besides the well-known iced tea and iced coffee. Here are some of the best of them.

Fruit Punch.—Mix together one cupful of each water and sugar, boil them ten minutes, and skim the syrup carefully. Add one cup of hot strained tea, one cupful of any fruit juice that you prefer, and the juice of five lemons and six oranges. Add sufficient water to make a gallon, and serve it ice-cold.

Ginger Ale.—Put one quart of chipped ice into a gallon jug, add one pound of sugar and one tablespoonful of strong ginger, and shake the mixture well together. Add one pint of good cider vinegar, and fill the jug with water. Keep it on ice until it is very cold.

Raspberry Vinegar.—Pour two quarts of vinegar over four quarts of raspberries. Cover it, and put it in a cool place for two days. Strain the juice through cheesecloth, and pour it over four quarts of fresh berries. Set the mixture aside again for two days, then strain it a second time through cheesecloth, and add three quarts of sugar. Heat it slowly, and skim the liquid until it is clear; then boil it twenty minutes. Seal it in sterilized bottles. When you serve it, use tablespoonfuls of the syrup to a glass of ice water. It is a most refreshing drink on a hot day, and will keep for years.

As a vermicide there is no preparation that equals Mother Graves' Worm Exterminator. It has saved the lives of countless children.

HEALTHIEST ONE IN THE FAMILY

No Sign Of Dropsy And Kidney Trouble
Since Taking "FRUIT-A-TIVES"



HATTIE WARREN

Port Robinson, Ont., July 8th, 1915.

"We have used 'Fruit-a-tives' in our house for over three years and have always found them a good medicine. Our little girl, Hattie, was troubled with Kidney Disease. The Doctor said she was threatened with Dropsy. Her limbs and body were all swollen and we began to think she could not live. Finally, we decided to try 'Fruit-a-tives'. She began to show improvement after we had given her a few tablets. In a short time, the swelling had all gone down and her flesh began to look more natural. Now she is the healthiest one in the family and has no signs of the old ailment. We can not say too much for 'Fruit-a-tives' and would never be without them".

WILLIAM WARREN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit a-tives Limited, Ottawa.

Keep Your Skin Clean !!

by the use of a good reliable cream and this you will find in my "Ideal" Velvet Cream which is neither sticky, greasy nor irritating. It will not grow hair on the face, prevents blackheads and chapping, rendering the skin clear, white and smooth. I make it myself and positively guarantee that nothing but pure oils and waxes are used in its composition. Try it and you will use no other. Price 50c per jar. Send for booklet "Health and Beauty" for further particulars.

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Woman's Quiet Hour

By E. Cora Hind

Last month I had something to say of the educational value of the exhibit of the Provincial Health department at the Brandon fair and this month there is a word of commendation for the "Baby Welfare" conference which formed so very important a feature of the Regina fair. There are some 700 babies in the Province of Saskatchewan who have been examined and whose mothers know just how near they are to or how far removed from normal healthy babyhood and that alone is a matter of great importance, for it means that 700 of the future citizens of that province have a better chance of growing into normal, woman and manhood, than if their parents had never sought advice. This however was only the beginning of the good work accomplished by the conference. Men and women on the streets and in the homes, the shops, the offices, were given "furiously to think." They both thought and talked, and when the fathers and mothers, who had not taken their children to the conference, heard of how much they had missed they were smitten with shame and resolved to do better next year. Conductors on the street cars talked with men and women from the country as to the points of development the normal child should show and mothers who had been were eager to impart to mothers who had not been what they had learned. Never was a community more stirred up and to those who for years have watched the premier place in the thoughts of governments as well as communities given to the four footed beasts, their breeding, feeding, it was a matter of profound satisfaction to find the children coming in for at least a fragment of the attention previously bestowed on horses and hogs.

The baby welfare conference will be at Regina bigger and better next year and there will probably be 1400 instead of 700 babies. Oh, the west is waking up and taking notice. If this awful war has done nothing else for the world it has at least aroused the English speaking section of it to a partial realization of the need of conserving and protecting the lives of young children. Life has grown more precious as we have seen it poured out in floodtides on the battlefields of Europe, in order that the best ideals of civilization may be preserved. It is a long, long way from present standards to what should be the ideals of every nation as to the sacredness of child life, but now at least one of the Western Provinces has taken the first tentative steps along that road.

At 6:30 one hot morning I stepped from the Saskatoon train after an uncomfortable night's journey, on to the platform at Regina. Not having fully decided on what I would do in the hour and a half at my disposal before the Moose Jaw local east bound pulled out,

Travellers' Aid I stood swinging my bag and looking about. A pleasant faced woman wearing the badge of the Travellers' Aid accosted me, asking if I were a stranger and if she could help me. Merely stating the train I intended to take I awaited developments. I was told the exact amount of time at my disposal, where the waiting room was, and asked if I would like breakfast. On intimating that I would, she told me that if I cared to accompany her to the Y. W. C. A., a comfortable meal at a reasonable price could be obtained, leaving ample time for return for the train. We walked off together and stating "this is the pleasantest way" she led across the city hall grounds and through the beautiful park square to the Y. W. C. A. Here in a large, pleasant cafeteria I secured a comfortable meal for what do you think—22 cents. Now as it happened I know

The Proven Asthma Remedy. Since asthma existed there has been no lack of much heralded remedies, but they have proved short lived and worthless. The ever-growing reputation of Dr. J. D. Kellogg's Asthma Remedy has given it a place in the field of medicine which no other can approach. It has never been pushed by sensational methods, but has simply gone on effecting relief and making new converts.

Regina well and could have got a meal without difficulty but the agent didn't know that, and I had a splendid practical demonstration of what is being done to help women who are strangers, often with little money, who do not know where to go or what to do.

To return to the Regina fair for a moment, I would like to pay a tribute to the wonderful giving to red cross work, of the Indians of the File Hills School.

Indian Generosity

Not only have many from this reserve gone to war, but they have contributed in kind and in money over \$9.00 per capita, for their tribe. It is to be feared that few white communities can make so good a showing. Superintendent Graham has done a wonderful

work in the training of these Indians and has proved beyond peradventure that they can be developed into good farmers and housewives.

Some months ago in these columns reference was made to the delights in store for the man or woman who had not as yet read "Christina McNab" and "The Lame Dog's Diary." And as the

Miss McLaughlin Passes

writer has passed to the great beyond, having spent the past two years in almost ceaseless activities to help wounded, tired and hungry soldiers. She will be remembered for years to come for her charming books, but she will be enshrined for all time in the hearts of the thousands of soldiers who she helped feed and send upon their way rejoicing. "Greater love hath no man than this—that he lay down his life for his friend," and Miss McLaughlin actually laid down her life for the, soldiers of the allies.—R.P.I.

Unconscious Health

In perfect health, one is unconscious of any particular organ of the body. When a boy is hungry, then it is that he is made aware that he has a stomach—for the time being that is his dis-ease.

So, health is the absence of dis-ease—the unconscious rhythm of a harmonious whole.

But the best and wisest of us may be upset by wrong conditions, eat improper food, or indulge in destructive habits, so that before one comes to value the inheritance of a sound and healthy body this wonderful mechanism becomes weakened or deranged.

Then follows suffering:—We locate the trouble, that is, diagnose the dis-ease, remedy our surrounding, if possible, correct our habits, suffer, repent of our sin against the laws of life and are forgiven—that is, we recover good health.

Hot Water When You Need It



WHAT a blessing always to have hot water quickly when wanted. The special damper under the Kootenay's polished copper reservoir lets in plenty of heat, giving abundance in a jiffy. But why waste heat when you do not need warm water? The handy damper takes care of that, too. Just another instance of Kootenay Economy and efficiency worth knowing more about.

The wash-boiler can be set the long way of the range, if you wish, leaving two of the hot, front holes free for cooking. Wash-day dinners can be just as good as on other days.

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You can learn why Kootenay Ranges stay good as new, long after other ranges have to be repaired or replaced,—how the asbestos joints prevent leakage of air or drafts at joints, how the aluminized flues prevent rust. These things are all fully explained in an interesting little booklet. You may have yours by sending the coupon to the factory.

Range

Tear off this Coupon

Kindly send me a copy of your booklet about the Kootenay Range.

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GOT DIARRHOEA

FROM DRINKING BAD WATER.

People moving from one place to another are very subject to diarrhoea on account of the change of water, change of climate, change of diet, etc., and what at first appears to be but a slight looseness of the bowels should never be neglected or some serious bowel complaint will be sure to follow.

The safest and quickest cure for diarrhoea, dysentery, colic, cholera, cholera morbus, cholera infantum, pains in the stomach and all looseness of the bowels is Dr. Fowler's Extract of Wild Strawberry.

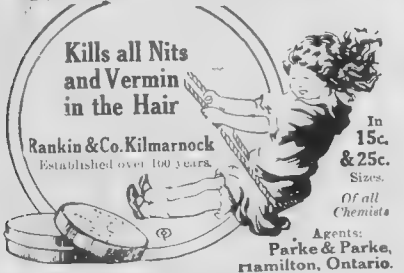
Mr. Ernest Jeffery, Moose Jaw, Sask., writes: "A few years ago, when I first came out to Canada, I went to the harvest field to work. Somehow or other the water did not agree with me. I had the diarrhoea so bad that blood was coming from me, and I thought my last days had come. One of the harvest hands advised me to take Dr. Fowler's Extract of Wild Strawberry, and before I had used the bottle I was able to go to work again. My advice to all is always keep a bottle of this wonderful diarrhoea cure on hand."

"Dr. Fowler's" has been on the market for the past seventy years, and has been used in thousands of Canadian homes during that time, and we have yet to hear of a case of bowel complaint where it has not given perfect satisfaction.

The genuine "Dr. Fowler's" is manufactured only by the T. Milburn Co., Limited, Toronto, Ont.

Price, 35 cents.

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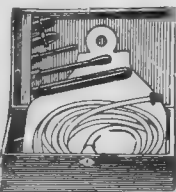


R. D. EVANS Brandon Man.

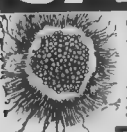
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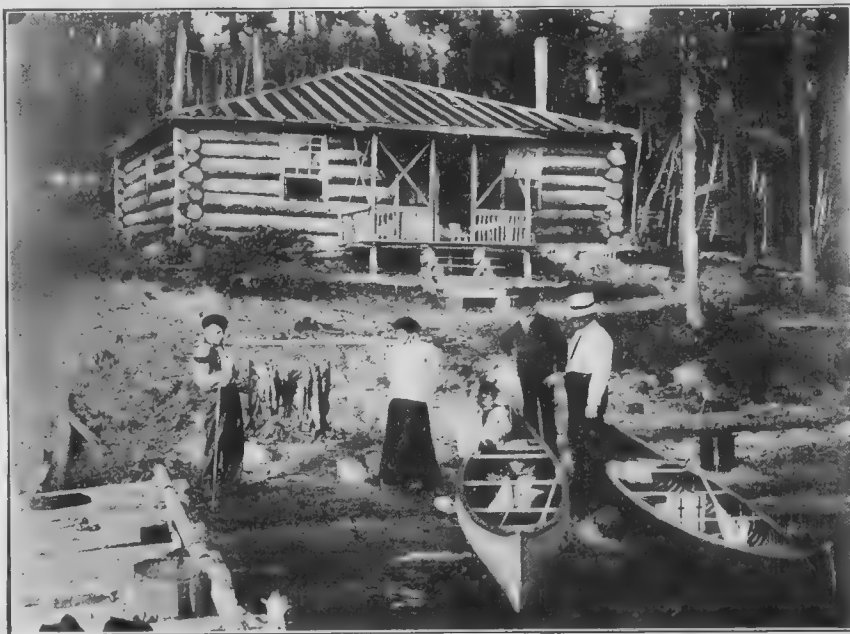
Correspondence

An English Correspondent

Leighton Buzzard, Beds.

Dear Editor:—I rather think it will appear cheeky of me to write to you, but my brothers, who have been in Canada some years, always send me your wonderful book and I read it from cover to cover, for I am very, very fond of it. I think it the very nicest and the most sensible monthly I have ever read. Everything in it is that sort of reading that helps your readers to develop that which is best in them and religion in its proper place in it. You are not afraid to give of your best, and even the piffle that some of the boys and girls are accused of writing in their letters is worth while reading, for I always think one can tell character so well by how one writes, and your correspondents are so varied. I just revel in their letters, and I seem to know some of them so well through it. I reckon they are a very lovable lot. We, here in England, would be so afraid to let ourselves go (as we say here) in our letters like you do there, and I think it's just that freedom you have we envy you so much. I always go straight for the letters first and I just feel about wound up ready to come straight to Canada before I have half finished them, for Canada has always been such a wonderful place to

brought them to a stop, with the question: "What do you mean?" "Oh, nothing," carelessly answered the other, "only you seem to have all the work to do." I was much amused then and I am now whenever I hear or read about anyone praising themselves. I always hear the words, "Is your trumpeter dead, that you have to do all the work?" But of course, I know all the time that these are some of the boys from which has come such a noble army of the bravest and best to help the Mother Country in her need, and we in England love and honor them for it. We know it's our best who emigrate and our gratitude will be undying to them for all their sacrifices. I would love to correspond with some of your readers but I know I am outside your ken, not having entered the promised land yet, but I wish you every success with the W.H.M. and I only trust I may have the privilege of reading for many years its valuable pages, for since I have been in my position here, as the assistant matron, it has cheered me up even more than it did at home, where, since mother died nearly six years ago, and for two years before that, I tried to fill her place (because the last two years of her life she was a great sufferer). Now the younger ones have grown up and a younger sister is able to take my place. Having learnt



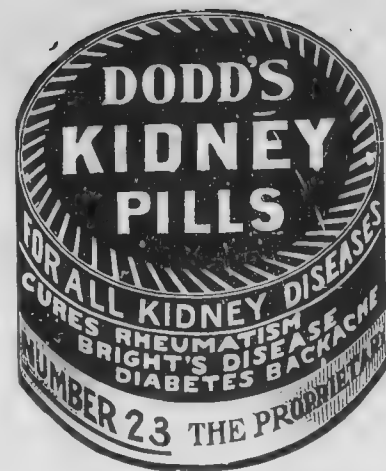
At Canyon Lake Ont. where Fish is Plentiful

me, and often when I have been writing to my brothers out there I have said how greatly I should like to come, but they are of the opinion that Canada is not the place for their sisters, that the life would be too hard for them on a homestead not fully developed. I have gathered from your correspondents that they have many hardships and very great difficulties, but if they could only realise what compensation they have, I don't think they would find it quite so tedious. I have a brother just now in England after eleven years absence. (Came over as a soldier of course. He is now in Kent.) He being more fortunate than some, has been able to spend nearly a week at home. In a letter I had from him the other day, he said: "Canada is a great country. It's a true saying you never know what's good until you have passed it by." I feel very sympathetic with the boys who have a lonely struggle in Canada. My other brother out there in Alberta, I guess, finds it is harder work to remain behind and look after the stuff than it would be as a soldier, but I feel sure he is doing his bit just the same. What strikes me so forcibly in your letters is how grown up your young people are. It's so amusing to hear of a lad of twenty being a poor love-sick boy, as he signs himself, and "Prairie Lad," who says he is between 20 and 25, is a splendid combination of old age in his advice, and extreme youth in describing himself. When I read your boys' and girls' letters describing their looks and qualifications, I am reminded of a quiet inquiry I once heard someone make when another was telling them all the good points about themselves. As they were in the midst of their wonderful merits a quiet query of, "Is your trumpeter dead?"

dressmaking she is able to be a little more independent of the housekeeping money than I could. The war having made such a difference I feel I ought to launch out on my own, but it has been a very difficult position—far different than I anticipated; but until I feel comfortable about them at home, I want to stay because it's near home, and I can go each week but it's the strain of always having to be in charge of those either mentally deficient or those no one else can put up with, that makes one value a book where you can slip away from your surroundings and forget for a time in the interest of reading, of others' doings and sayings. So you see I have something to be grateful for to the W.H.M. because that helps me to do it. I suppose one is not considered to be young at 33, but it doesn't matter what our age is. We are always interested in the young and I think very often it helps us to feel young too. Again thanking you, trusting I have not wasted too much of your valuable time.—Assistant Matron.

In Sympathy With Lonesome Pine

Dear Editor:—I am a reader of your very pleasant paper and enjoy it every month, I have always read the letters first. I would like very much to join your merry column. I am a farmer girl. We moved to the West quite a few years ago. It was quite a wild looking country then, the few settlers that were in were many miles apart, and the nearest town between forty and fifty miles away, so I have a good idea the kind of life "Lonesome Pine" lives in the mountains. I think "Friday's" letter of July number was very good. As for girls wearing



HAVE YOU A BAD LEG

With Wounds that discharge or otherwise, perhaps surrounded with inflammation and swollen, that when you press your finger on the inflamed part it leaves the impression? If so, have poison remedies you under the skin you are being ulcerated, the have tried. Perhaps the ankles round which swollen, the joints coloured, or there same with the disease, if the skin may be dis- if tinued, will deprive tinguished by dis- You may have attended various power to walk. You may have hospitals and been told your case is hopeless, or advised to submit to amputation. but do not, for I can cure you. I don't say perhaps, but I will. Send to the Drug Stores for a Box of

GRASSHOPPER

ointment and pills, which is a certain cure for Bad Legs, Poisoned Hands, Ulcerated Joints, Housemaid's Knee, Carbuncles, Snake and Insect Bites, &c., &c. English Prices, 1/6 and 2/9 each. See Trade Mark of a Grasshopper on a Green Label. Prepared by ALBERT, Albert House, 73 Farringdon Street, London, England.

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overalls, I do not think it any disgrace. I don't agree with "City Girl" for I do not think any one should look down on the farmer. What would the cities do for flour and many other things that a person has to buy to live in town, if there were no farmers to grow crops and raise cattle. My opinion is they can't do without the farmer boys' help, no matter what they say. We used to live in town, and my parents wouldn't think of leaving the farm life for town again. I think some bachelors can keep house and bake as good as women. Of course there are a good many who do not care how their house looks, but all women are not clean housekeepers either, though I think every one should try and keep a nice place, whether it is a bachelor or not. We have lots of neighbors now. Our chief amusement around here is dancing and surprise parties. I love reading of all kinds, wild and western stories best. I think it would teach Mr. M. a lesson if Miss M. were to marry someone else as "Criss Cross" says. Well, I must stop, or the Editor will not let me come again if I wish to. I would like to correspond with some of the readers if they will write first. My address is with the Editor. Wishing the W.H.M. a long success and hoping to see my letter in print.—Western Maiden.

High Ideals

Okotoks, Alta.

Dear Editor:—I have just finished reading the letters in the correspondence column of the July issue of the W.H.M. There are always such good letters. Of course there are some which are a little bit too foolish. Such as those who give descriptions of themselves. As far as I am concerned, I do not care what their looks are, if they are ladies and gentlemen. A pretty face will not add much to a girl's popularity if there is not something behind it. It will for a time, but usually a man wants more than just a fascinating manner, and a weak, shallow mind, or a flirt. But you girls who are pretty do not think I mean you are all that kind. I also think that a beautiful woman can do a lot of good. Naturally, we all like beauty, and if she, along with her beauty has goodness, and an inclination to that which is high and noble, her influence will do much good to those with whom she may come in contact.

In the June issue I very much enjoyed "Homesteader's" letter, and, although I am not a man or, as yet, old enough to be an old maid, I can realize how hard it must be to do your own work outside, then come in and do your house work. But now that you have such a good start, do not give up. Luck will come your way. As you said, homesteaders do not get the credit that is coming to them. Most of us can praise the soldiers who go and fight for us, but no word for the men who work from morning till night to feed us.

I like to see the kind of spirit that is shown in "Progressive's" letter. That's why he is getting along so well.

I wonder if "Straight to the Mark" ever was really in love. It is all right to say what you would do until you came to do it. Then perhaps you would shake in your shoes too. He was perfectly right though, in saying what he did to "Morganrodnaden." When a man has been going with a girl as long as that surely he knows whether she would be likely to accept him or not.

How do you feel about prohibition? Are any of you feeling dry? I think it was just the finest thing that could have happened to Alberta. They have a substitute for beer here. They call it 2 per cent beer. I think they will have to be careful or that beer will get strong. The several W.C.T.U. Unions are not working as hard as they did before they got prohibition. Ours is going in more for Red Cross work. I am sure we will have to work just as hard to keep liquor out as we did to get it out.

I notice there has been a lot said regarding the tobacco habit in these columns. I am very much opposed to it myself, but it is perhaps not as bad as a good many other things. The men say it gives them such comfort, when they come in after work, to sit down and have a quiet smoke. It would not be so bad if it were not cigarettes. Why do they have to smoke those detestable things; when they know they do them so much harm. I know from experience that there is no use in saying anything to

them. They will always say they do not smoke enough to hurt them. The Editor will think I have written too much. I thank him for the space. Any correspondence welcome. Address with the Editor.—Farmer's Girl.

In Defence of Canadian Girls

Manitoba, Aug 2, '16

Dear Editor:—Can you spare room for another correspondent? My brother has taken your lovely paper for several years. I have been an interested reader of it, especially the "correspondence column" and have at last gained courage to contribute my "say" about matters of discussion now on hand. As I hardly believe in giving descriptions of oneself I will only say I am fond of reading, skating and dancing, also music, although I have

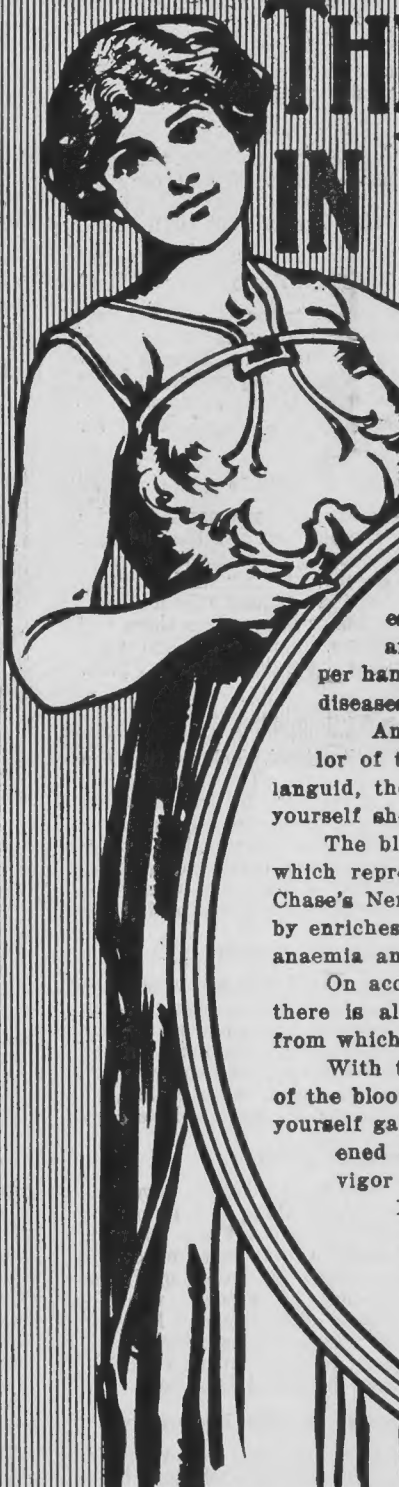
not had much chance to develop my talent.

I agree with "Mere Bachelor" in his letter of Aug. 1st, 1915, although I think he is a little inclined to judge all western girls by one or two of his acquaintance. Forgive me if I have revived stale discussions but I was looking over some back numbers of the W.H.M. and saw his letter. I know some girls who have refused to dance with gentlemen of their acquaintance who were short of stature or who could perhaps say "their fate was not their fortune." Some girls I know would not speak to a gentleman acquaintance on the street if he was in working clothes which were soiled. Others I know would deem themselves slighted if not spoken to by an acquaintance. I class myself with the latter. "Lonesome Ernie" said that the Yankee girls in Western Canada were the most "sen-

sible and sociable" that he had met. Well, perhaps that is so, but then may be he has not studied Canadian girls long enough. For my part, although I am a girl, I think there are some very nice Canadian girls, but some I will admit, are conceited.

Hoping the Editor will be merciful and not consign this to the W.P.B., and inviting "Mere Bachelor," "Friday," "Lonesome Ernie," "Diamond Dick, Jr." and "Paddy" and others who would like to correspond with a country girl of seventeen.—"Little Simp."

It Testifies for Itself.—Dr. Thomas' Electric Oil needs no testimonial of its powers other than itself. Whoever tries it for coughs or colds, for cuts or contusions, for sprains or burns, for pains in the limbs or body, will know that the medicine proves itself and needs no guarantee. This shows why this Oil is in general use.



THERE IS HEALTH IN RICH RED BLOOD

ANAEMIA

Disease germs take advantage of every weakness of the human system. Their greatest enemy is rich, red blood, but when the blood gets thin and watery they increase rapidly and easily gain the upper hand. In this way grip, pneumonia, consumption and other germ diseases get a foothold on the system almost before you know it. Anaemia or poverty of the blood makes itself known by pallor of the gums, lips and inside of the eyelids, you feel weak and languid, the heart's action weakens, you are easily tired out and find yourself short of breath.

The blood is thin and watery, and is lacking in the red corpuscles which represent the nutritious element of the blood. Because Dr. Chase's Nerve Food increases the number of red corpuscles and thereby enriches the blood, it is the most effective means available of curing anaemia and fortifying the system against the attack of disease.

On account of the weakened condition of the blood from anaemia, there is always danger of developing Dropsy or Pernicious Anaemia, from which there is small chance of recovery.

With the use of Dr. Chase's Nerve Food to build up the richness of the blood, the color is soon restored to the pallid skin, and you find yourself gaining in health and strength. The heart's action is strengthened and gradually the muscular weakness is replaced by new vigor and energy.

Dr. Chase's Nerve Food is truly doing wonders for many thousands of anaemic men and women and puny boys and girls, whose blood has got thin and weak. Put it to the test and you will better understand why so many people are enthusiastic in its praise.

50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations disappoint.

Dr. Chase's Nerve Food



What the World is Saying

The Kaiser's Blasphemy

After all, though, the hardest thing to stomach about the Kaiser is his blasphemy.—Dundee Courier.

He Realizes His Mistake Now

The "ridiculous little army" of the British seems to be giving the Kaiser much food for thought for the last few weeks.—Providence Journal.

To Make Belgium Clean

Belgium is expecting soon to be free of the Germans. The first thing to do will be to disinfect the whole country.—Montreal Mail.

The Truth Penetrating Into Germany

There must be misgiving in Germany to-day, and the truth should be beginning to penetrate into the mind of the masses.—Manchester Guardian.

Germany's "Holy Willie"

Burns' Holy Willie, as a specimen of the sanctimonious hypocrite, has nothing on Germany's Holy Willie who wears the crown.—Hamilton Herald.

Quite So

Germany's enemies seem to be waxing stronger in those qualities of ignorance and bad taste which make them deny that they have been conquered.—London Chronicle.

Great Britain's War Expenditure

Thirteen billions of dollars is the amount Britain will have put into the war by the end of September. The sum is incomprehensibly great, and so is the war.—Kingston Whig.

A Good Crop the Best Advertisement

Hudson Bay Company's land sales for the second quarter of 1916 were five times as great as in the corresponding period of 1916. A good crop is the best land seller.—Toronto News.

Hun "Economic" Methods

The German governor-general of Belgium writes to a Stockholm paper: "We have saved this country from a big economic distress." Other murderers have done the same thing for their victims, but they seldom boasted about it.—Kincardine Review.

Germany and the Hohenzollern Dynasty

Those German soldiers who surrendered on the western front because they would be more valuable to Germany alive than dead seem to have forgotten all about the interests of the Hohenzollern dynasty.—New York Times.

There Must Be No Second "Book of Hell"

If it takes us another year, or two years, to complete the work, we shall not like it, but we—France, Russia, Britain, Italy, Belgium and Serbia—shall continue the work. The Germans have issued a Book of Hell, of which there must be no second edition.—London Spectator.

The Dominion's National Debt

Of Canada's funded national debt only \$97,000,000 is held in Canada, while London holds \$362,700,000 and New York \$75,000,000. Canadian loans hereafter should be domestic rather than foreign or external.—Brantford Expositor.

A Bomb-Throwing "Pacifist"

That San Francisco pacifist who hurled a bomb at a "preparedness" parade and killed several of the marchers was hardly consistent. He was better prepared for attack than his victims were for defence.—Brooklyn Eagle.

Retribution

Added to her other difficulties, Germany is confronted with a shortage in the potato crop, according to Amsterdam despatches. Much of the food shortage in Germany and Austria-Hungary might have been relieved from the fertile plains of Armenia if the industrious people who cultivated them had not been massacred last year.—Buffalo Express.

The Plight of the Central Powers

The Central Powers, in fact, are on the defensive, with no prospect of getting out of that unenviable state. Their final effort may be most formidable and their opponents may have to exert themselves tremendously to secure victory, but there can be little doubt as to the issue when it comes.—Edinburgh Scotsman.

The German-American Press

As an attentive reader of the German-American press for many weeks, The World finds that it is everywhere strongly marked by certain common characteristics. By accident or otherwise, there foreign-language newspapers, whether published in New York, Pittsburg, Baltimore, Cleveland, Milwaukee, Chicago, St. Louis or Detroit, reflect the same views and even sometimes print identical articles on topics of the day.—New York World.

The Objects of the War

The younger countries came in voluntarily and they expect some results from the blood they have shed. They expect to see democracy established, and they expect to see the Armed Man of Europe dethroned from his divine-right pedestal and Germany take her place among the free peoples of Europe. If the war ends in anything short of that, the people of Canada and Australia will feel that they have fought in vain.—Melbourne (Australia) Argus.

German Scheming

The German is like the serpent, more subtle than all the beasts of the field. The war has now reached a stage at which he knows that in the contest of arms he is already hopelessly beaten. Constitutionally he hates peace like poison, but never did a peacemaker long so earnestly for peace as does the amiable Teuton to-day. The problem with him now is how to make the best possible terms with his victorious enemies, and with that in view he is resorting desperately to all kinds of psychological influences.—Ottawa Free Press.

Unknown Men of Great Powers

There are many Lloyd Georges in the world. Unknown, their feet enter the quiet paths in the deep forest of obscurity. We all know or knew some blacksmith at his forge who is a philosopher; we have met men who have the keenest perception in the transaction of their wee, small affairs. Would they not adapt this ability to the large-scale task? Certainly brains are not necessarily handed out with silver spoons.—Guelph Herald.

What Must Be Done

We shall not dictate peace terms which will lead to the destruction of the German people or any part of them, or to any annexations of true German provinces; but we shall, as far as lies in our power, see to it that such a structure of government as that represented by militarist Germany is an impossibility for the future.—Glasgow Herald.

The People of France

The agriculture of France has been carried on by the women, assisted by the old men and the children, and if the intensive cultivation goes on up to the very battle zone itself, it is because of their willing hearts and untiring hands, assisted by mere schoolboys. When the French roll of honor is complete there will be room upon it for these humbler millions who, though not on the firing line, have done their full part.—London Truth.

Switzerland Prepared

President Coppet, of Switzerland, declares that the country is prepared to resist with all the forces at its command any invasion of territory by troops of the belligerents. As the army has been virtually on active service since the war began, it is quite likely that the show of force will continue to command respect. The old republic, surrounded on every side by warring nations, is a veritable oasis of peace.—Toronto Mail and Empire.

An Editorial Confession

The Orillia Packet, apropos of a recent discussion before the Canadian Press Association, says: "What the editorial page of Canadian papers needs to-day most of all is less perfunctory writing and more writing with the ring in it of the writer's soul and conscience." Amen, brother. We are all guilty, more or less, of writing basswood editorial to fill space.—Peterboro Examiner.

The Crown of Albania

Uneasy lies the head that wears a crown, nevertheless when a throne is vacant there are numerous claimants and many others who covet the position. The throne of Albania is surely a rocky seat, yet several pretenders are seeking to occupy it, including Prince William of Wied, who a couple of years ago was put in the place by the European diplomats and later on driven out by his subjects who didn't want him at all. The aspirants in the present instance must be courageous as well as ambitious.—Montreal Gazette.

Deserves a Monument for His Meanness

The champion mean man has been discovered in Pennsylvania. His wife, who took in washing to keep him, saved enough for a tombstone and before her death handed the amount to a neighbor to pay for a memorial stone. The husband, John Coleman, was so incensed at not getting the cash, that he went to the cemetery and smashed the memorial to pieces. The punishment of such a brute ought to include something "slow and lingering."—St. Thomas Times.

The Verdict Against Germany

The moral judgments of the world have stood firm. The conscience of mankind responds to-day as instantly and sensitively as it did in those first days of August, 1914, to the challenge made to it by those who took the first steps in the war, and especially by the deliberate outrage inflicted upon Belgium. Under the reproach of that shameless deed, Germany continues to suffer, and will to the end of the war, no matter how long it lasts.—Boston Transcript.

The Antithesis of Christianity

If there is one thing more certain than another in the crisis in which we find ourselves, it is that Prussian militarism, against which we are fighting with all our might, is the direct antithesis of Christian ideas. There is in it a spirit, materialistic, vulgar, domineering, which erects political ambition into a sort of ethical law, overriding all the ordinary notions of humanity and loving kindness. If the German is a superman he is also anti-Christian. The god of Prussia is a Moloch, a god of pillage, barbarism and blood.—Galt Reporter.

What The War Has Taught

The war has forced us into a greater simplicity of living, and even if a reaction from strain to levity should follow, will at any rate have taught us that there are many things that we thought indispensable which we can very well do without. We shall never return to the status quo ante bellum. The competitive racket and rush of life threatened to drive the world mad. It gasps with relief to find itself delivered from itself. The hope dawns of a return to simplicity. And we have begun by eating and drinking less.—London Daily Mail.

What Germany Must Be Taught

Germany's crimes have to be punished; her victims have to be indemnified; she has to be rendered impotent to repeat her career of land and sea piracy. Until those aims have been secured, we shall not tolerate the idea of peace, and no Government that flirted with it could exist for a single day. Germany, as we have said, will not believe these intimations just now. But it will penetrate her imprisoned intelligence by degrees that such and no other is the significance of exertions remorselessly rising, instead of falling, in intensity.—Pall Mall Gazette.

A Smooth Expounder of Kultur

In a smooth, cunningly written article contributed to the New York Times, Professor Hugo Muensterberg, the chief exponent of German Kultur in the States, advocates a triple alliance of Germany, the United States and Britain. Such an alliance, he professes to think, would ensure the peace of the world better than could any "league to enforce peace." But even the professor is not quite cunning enough to betray his real motive. He suggests that in order to prepare the way for the alliance President Wilson should get busy as soon as possible and use all his influence to bring about an early peace.—Toronto Star

German Missionaries Political Agents

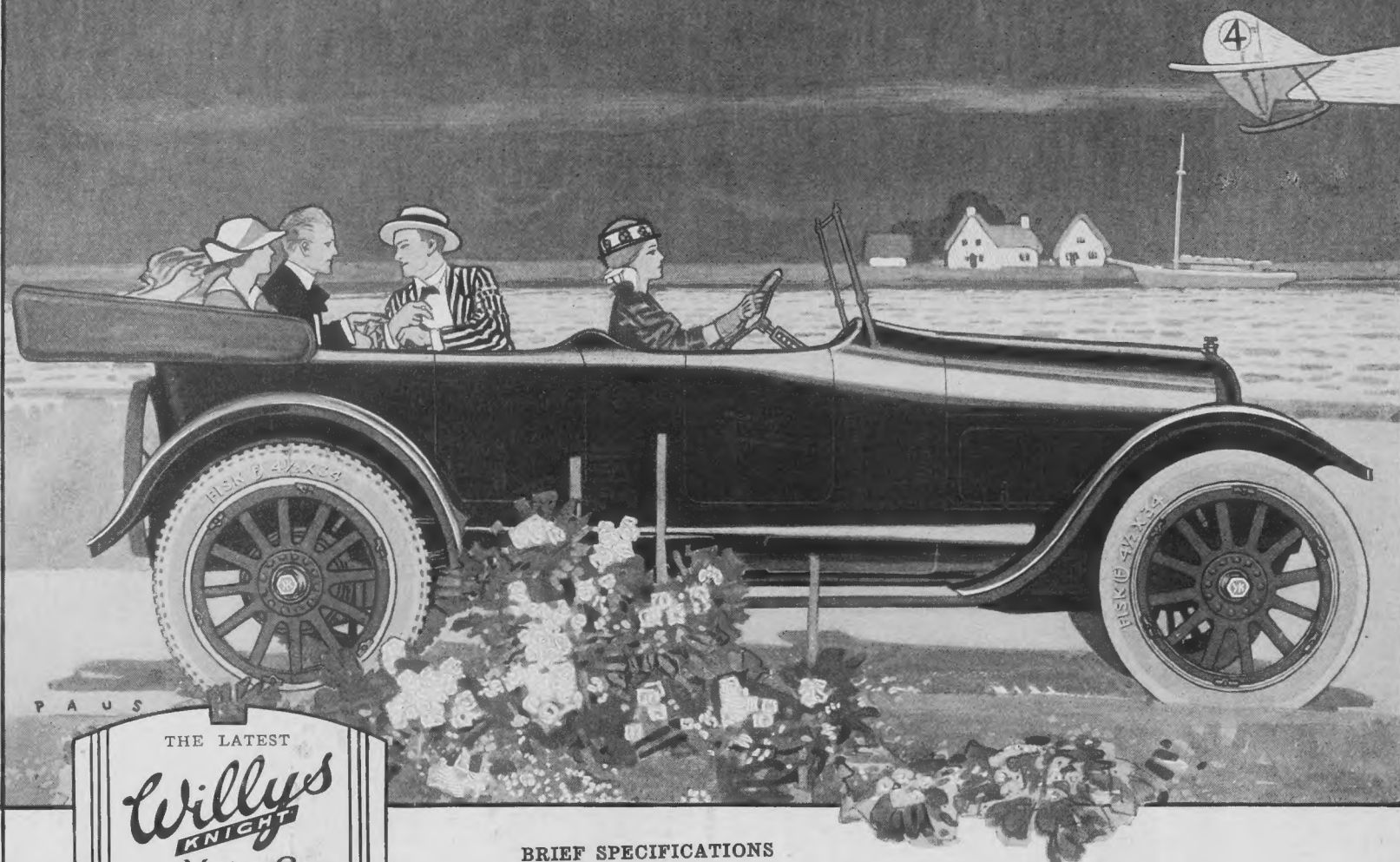
S. M. Mitra, a Hindu writer, who has been reading some of the horrible war utterances from German pulpits, writes to the London Outlook to express his detestation of the spirit shown in them. They have convinced him that the German brand of Christianity ought to be barred from India, his native land, and he earnestly urges that all German missionaries be expelled from that country and forbidden to enter it in future. "Are not Hindu parents entitled to protection for their children," he asks, "against such mischievous teaching masquerading as Christianity?" There is another good reason why Mr. Mitra's suggestion is worth heeding: the war has revealed the fact that most German missionaries are political agents.—Toronto Telegram.

German "Organization"

Organization and the mechanical uniformity have gone far in actual warfare, but in applying the pressure of organization as the governing law in relation to a starvation diet—or, in the picturesque words of Dutchmen who have just found Germany a nice place to escape from, in the conduct of "the most brilliantly-organized famine that ever was," there is a serious danger that the ultimate result may be failure, not, of course, through any fault in the machinery of the organization or through any short-coming on the part of the organization experts, but just simply through human limitations. Even Prussians are men, and not gods or machines.—Brockville Times.

Civic Government in Germany

During our investigation in Germany we came upon instance after instance of petty tyranny, which would be intolerable in a Canadian community, a tyranny practised by officials who, instead of being efficient as the advocates of system, maintain, would not hold a municipal job down in this country for a week. We would suggest to those who are in love with the much-vaunted German system of municipal government, to find out the real facts, not from the published reports of the German government, or from the evidence of its municipal officers, who cannot call their soul their own, but from the people themselves in their own homes, who, when open enough to tell the truth, would soon dispel the idea of German efficiency in civic affairs. On paper, the German system of municipal government is beautiful, but in practice bad, and unthinkable in a democratic country like Canada.—Canadian Municipal World.



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